Instant Pot Chickpeas

@healthful_dwelling * healthfuldwelling.ca

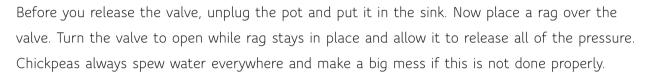
INGREDIENTS

6 cups dried chickpeas 12 cups water

INSTRUCTIONS

Add all ingredients into an instant pot.

Cook on high pressure for 40 minutes. Allow a 20 minute release.



Strain the liquid out through a sieve. Allow chickpeas to cool. Use as desired.

These are excellent for freezing. I freeze in a large ziplock bag. Once frozen a gentle drop onto the counter breaks them apart.

