

Loma Linda garbanzos : a good source of protein : net wt. 1 LB., 4 oz / Loma Linda Foods.

Contributors

Loma Linda Food Company.

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INGREDIENTS

GARBANZOS, SALT, SUGAR, WATER
Garbanzos, a delicately flavored legume, are grown in California and have been since planted by early settlers. They have been esteemed for centuries by the peoples in many countries for their protein and other dietary values.

DIRECTIONS

May be served hot or cold. Delicious in salads, sandwiches, and a variety of hot dishes—see recipes on this label.

Packed by

LOMA LINDA FOOD COMPANY
Arlington, California • Mt. Vernon, Ohio
QUALITY FOODS SINCE 1906

Loma Linda
Garbanzos

A Good Source of Protein

NET WT. 1 LB., 4 OZ.



RECIPES

GARBANZOS IN SALADS

Loma Linda Garbanzos add a tasteful appeal to salads. Especially good in tossed green salads. Add desired amount as they come from the can (drained) or chill and blend with greens. Serve with your favorite dressing.

SANDWICH DELUXE

Mash 1½ Cups drained Loma Linda Garbanzos. Add ¼ Cup chopped celery, 2 chopped hard-boiled eggs or 3 Tbsp. chopped olives. Blend in mayonnaise to make required consistency and season to taste. Makes 6 to 8 sandwiches.

GARBANZO LOAF

Grind through food chopper or mash 2¼ Cups of Loma Linda Garbanzos (drained). Saute 1 medium chopped onion and ½ Cup chopped celery in 2 Tbsp. oil. Then add 9 Tbsp. tomato sauce and ¾ Cup toasted bread crumbs. If desired, may mix in 2 beaten eggs and ½ Cup Garbanzo liquid. Put in well oiled casserole dish. Sprinkle with ½ Cup toasted bread crumbs blended with 1 Tsp. oil and put on top of casserole. Bake 30 to 40 minutes at 350°. Serve with your favorite sauce or gravy.



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