How to Soak Chickpeas

**Benefits of Soaking Chickpeas:** It reduces compounds that interfere with absorption, shortens cooking time, and allows for easier digestion

**Equipment Needed:** large bowl, mixing spoon, water, colander (or straining tool), lemon juice (optional)

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**Step 1: Wash the Chickpeas**

Wash your chickpeas by rinsing them under room temperature water. This helps to remove any dirt.

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**Step 2: Soak the Chickpeas**

To soak your chickpeas add the freshly washed chickpeas to a mixing bowl and add water. Your chickpeas will triple in size. Make sure there is about 3 times as much water as chickpeas.

*OPTIONAL:* Add lemon juice to the soaking water. The acid in lemon juice will help breakdown the phytic acid, which will allow for better absorption.

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**Step 3: Let them soak**

Let your chickpeas soak for at least 8 hours or overnight.

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**Step 4: Drain the chickpeas**

Drain the chickpeas using a colander. Rinse them with water one more time so they are clean and ready for use.

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**Step 5: Cook**

To cook the soaked beans, add them to a large pot, cover the beans with several inches of water, and bring to a boil. Reduce the heat and simmer for 1.5-2 hours, or until they are tender.

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**Step 6: Enjoy**

Your chickpeas are now ready to eat! Enjoy them with fried rice, roasted with spices, in soup, on a salad, or in curry.