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## Garlic Garbanzo Sauce Recipe

### Ingredients

- 2 tsp olive oil
- 2 garlic cloves peeled and crushed
- 3/4 tsp kosher salt
- 1/4 tsp crushed red pepper
- 8 oz chickpeas drained
- 14 ounce fat free less sodium chicken stock
- 2 garlic cloves minced
- 1 tbl minced fresh parsley
- 1 tbl fresh lemon juice

### Directions

Heat oil in a medium saucepan over medium heat. Add crushed garlic and salt. Cook for 1 minute. Add chickpeas, and broth, bring to a boil. Cover reduce heat and simmer 15 minutes. Place chickpea mixture in a food processor, and process until smooth. Combine chickpea mixture with minced garlic, fresh parsley, and lemon juice and stir. Serve hot.