

CHICKPEA STIR FRY



Time Required:
25 Minutes



Servings: 4

INGREDIENTS:

- 1/3 cup vegetable broth
- 1 small onion, chopped
- 1 medium-sized head of broccoli (about 1 pound)
- 1 (15 oz.) can of chickpeas, drained
- Oil
- Ginger (fresh or ground), garlic (fresh or ground), salt, black pepper, smoked paprika, cayenne pepper
- Cooked rice

Sauce

- 1/2 cup of water
- 1 tbsp cornstarch (thickener)
- 2 tbsp maple syrup
- 3 tbsp soy sauce
- 2 tbsp rice vinegar

STEPS FOR COOKING:

1. Saute the chopped onion in the oil, ginger, and garlic
2. Add the broccoli and vegetable broth and cook until the broccoli is soft.
3. Mix the soy sauce, maple syrup, and the flour or cornstarch.
4. Add the drained chickpeas, along with the sauce and mix together.
5. Bring the mixture to a boil until the sauce begins to simmer.
6. Add seasonings as needed and serve over rice.

Recipe Source: <https://elavegan.com/garlic-broccoli-stir-fry/>

WIC Foods:

- Brown Rice
- Dried chickpeas/garbanzo beans
- Fresh, canned, or frozen vegetables

Pantry Foods:

- Canned chickpeas/garbanzo beans
- Rice

This institution is an equal opportunity provider.