



GENESIS
-HEALTH REVOLUTION-

← Recipe Card →

Sun dried Tomato and Coconut Braised Chickpeas

INGREDIENTS:

- 1 can chickpeas drained and rinsed
- Water or vegetable broth for sautéing
- 1 medium onion diced
- 4 cloves garlic minced
- 2 tbsp nutritional yeast flakes (can add up to 1/3 C)
- 2 tsp ground ginger
- 1 can coconut milk
- 2 cups unsweetened plant-based milk
- 3 handfuls baby spinach chopped
- 1/2 cup sliced sundried tomatoes
- 1 lemon juiced or 1 TBS +/- to taste bottle lemon juice
- 1/2 tsp salt
- Sweet potato, quinoa, or brown rice to pour chickpeas over

DIRECTIONS:

- Cook sweet potato, quinoa, or brown rice as desired.
- Saute diced onion and minced garlic in water or broth on medium heat until onion is translucent
- Add drained and rinsed chickpeas, coconut milk, unsweetened plant-based milk of choice, kale, sundried tomatoes, juice of the lemon, ground ginger, and salt
- Bring mixture to a simmer, and cook for 10-15 minutes until flavors have developed and chickpeas are softened
- Once done, pour over sweet potato, brown rice, or quinoa and enjoy!



