

Chickpea Stir Fry

9 ingredients · 25 minutes · 3 servings



Directions

1. In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
2. Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
3. Divide between plates, sprinkle sesame seeds on top, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.

Ingredients

- 2 **tbps** Avocado Oil
- 2 **cups** Chickpeas (cooked and rinsed)
- 2 **Carrot** (peeled, chopped)
- 1/2 **cup** Red Onion (chopped)
- 2 **stalks** Celery (chopped)
- 2 **cups** Broccoli (florets, chopped)
- 1 **cup** Water
- 1/4 **cup** Tamari
- 1 **tbsp** Sesame Seeds

Nutrition

Amount per serving

Calories	345	Sugar	10g
Fat	14g	Protein	15g
Carbs	43g	Sodium	1421mg
Fiber	12g		