



# RECIPE: Vegan Buffalo Chickpeas

*Like many health conditions, eating a well-balanced diet of whole grains, vegetables, fruits and fiber (with less fat, salt and sugar), can improve health or at least prevent further deterioration of health. With that in mind, consider this very balanced recipe for buffalo chickpeas featuring plant-based protein.*

## Ingredients

### Vegan Buffalo Chickpeas

1 Tbsp avocado oil  
1/2 small yellow onion (chopped)  
1 tsp minced garlic  
1/2 tsp cayenne  
1/2 tsp cumin  
2 tsp paprika  
salt/pepper (to taste)  
1/4 cup tomato sauce  
1/4 cup apple cider vinegar

2 tsp agave  
1/2 cup vegetable broth  
1/3 cup hot sauce (of choice)  
3 1/2 cups chickpeas (canned or cooked)

### Quinoa Bowls

2 cups quinoa (cooked)  
1 medium avocado  
1 head broccoli  
4 medium carrots  
1 Tbsp avocado oil

## Instructions

1. Preheat the oven to 350 degrees F.
2. On the stovetop, cook the chopped onion and minced garlic in the oil over medium heat for about 2-3 minutes.
3. Mix the cayenne, cumin, paprika, salt, and pepper with the tomato sauce.
4. Pour the mixture into the pan and cook for another 2-3 minutes.
5. Add in the apple cider vinegar, agave, vegetable broth, and hot sauce.
6. Continue to cook for another 3-5 minutes.
7. Add in the chickpeas and stir, cooking for another 7-10 minutes (or until the sauce thickens and reduces).
8. While the buffalo chickpeas are cooking, chop, prep, and/or spiralize the vegetables for the bowls.
9. Place the broccoli on a baking sheet and toss in the avocado oil.
10. Roast for about 20 minutes (or until softened).
11. Combine the quinoa, avocado, roasted broccoli, spiralized carrots, and buffalo chickpeas in each bowl.

Sources: [Jar of Lemons](#)

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