

Chickpeas with Mexican Chorizo & Olives

17.60% of calories from fat

It's all in the sauce and my Mexican chorizo, which completes the sauce! The combination of the right peppers and garlic used in the chorizo, paired with the olives, produces a mouthwatering and zesty contrast to the chickpeas and the tofu. The inspiration for this dish came from a Fine Cooking publication, which has been lightened up and "veganized" in this recipe.

Ingredients

- 1 cup chickpeas (garbanzo beans), dry
- 1½ cups vegetable stock or broth (no added oils)
- 3 medium red onions, diced
- 1 large sweet red bell pepper, diced
- 1 large sweet green bell pepper, diced
- 2 tablespoons garlic, minced
- 3 whole red ripe tomatoes, diced
- 2 tablespoons quinoa flour
- 1 cup light beer
- 1/3 cup orange juice, fresh squeezed
- 3 tablespoons lime juice, fresh squeezed
- 1 teaspoon smoked picante paprika
- 10 ounces tofu – super firm, diced ½"
- 3 servings Mexican chorizo vegan meat* (about 1½ cups)
- 1 cup brown rice, short grain, dry
- 1 cup green olives, with pimiento, sliced
- 1 teaspoon saffron
- 2 pounds green peas, frozen (remove from freezer at start of cooking)
- 2/3 cup cilantro, minced



*See Mexican chorizo recipe on www.veganandundercontrol.com

Directions

1. The night before, place dry chickpeas in 3 cups of cold water and let soak overnight. (An alternative is to use two 15 ounce cans of chickpeas and add them to a slow cooker at the start of cooking, but using dry beans is preferable for better taste and texture).
2. Drain and rinse the chickpeas and pressure cook on high in 3 cups of water for 22 minutes, then quick release, drain and rinse, and add to a slow cooker.
3. Sauté the onions and the peppers in 2 tablespoons of the broth over medium high heat for 8 minutes. Add more broth, 2 tablespoons at a time as needed when the mixture becomes dry. Add the minced garlic and cook for an additional 30 seconds, until it become fragrant. Transfer the mixture to the slow cooker.

4. In a sauté pan, heat the diced tomatoes and quinoa flour over medium heat, stirring frequently until it thickens. Add the beer and bring to a boil for 3 minutes, stirring frequently. Add the orange and lime juices, the remaining broth, and smoked paprika, then stir. Transfer to the slow cooker.
5. Add tofu and chorizo to the slow cooker. Cook on low for 3 hours.
6. Add rice to the slow cooker. Turn up to high and cook for 2 hours. (Alternatively, cook rice separately in a rice cooker and add to the chickpeas 5 minutes before serving.
7. Add olives, saffron, defrosted peas, and cilantro and stir, 5 minutes before serving.

Serves 8.

Nutritional Information: 460 calories per serving, 1½ cups per serving, 9g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 770 mg sodium, 73g total carbohydrate, 16g dietary fiber, 18g total sugars, 23g protein, 0mcg (0%) vitamin D, 105mg (8%) calcium, 5mg (25%) iron, 598mg (15%) potassium.

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