



Sweet and Sour Chickpeas Peppers Broccoli

Servings 4

Prep 10 min

Cook 20 min

Ingredients

½ cup Sugar

4 Tbsp. Apple Cider Vinegar

4 Tbsp. Rice Vinegar

3 Tbsp. Ketchup

4 tsp. Tamari

1 tsp. Garlic Powder

4 Tbsp. Water

Chickpeas and Vegetables

2 tsp. Oil

6 cloves Garlic (finely chopped)

1 Large Red Bell Pepper (thinly sliced)

1 Large Green Bell Pepper (thinly sliced)

2 cups Small Broccoli Florets

2 15 oz cans Chickpeas (cooked)

to taste Salt, Pepper, & Cayenne

To thicken

4 Tbsp. Water

4 tsp. Cornstarch

Directions

- 1 Mix all the sauce ingredients in a bowl and set aside. You can also add them directly to the pan at step 5.
- 2 Heat oil over medium high heat in a large skillet. Add garlic and cook for 2 minutes or until translucent.
- 3 Add the peppers and mix in. Cover and cook for 2 minutes.
- 4 Add the broccoli and mix in. Cover and cook for 1 minute.
- 5 Add the chickpeas, sauce ingredients, a generous dash of salt, black pepper and cayenne. Reduce heat to medium. Cover and cook for 10 minutes.
- 6 Taste the sauce carefully and adjust to preference. Add more sour, sugar or salt.
- 7 Mix cornstarch in room temperature water and add the mixture to the pan. Mix in. Cover and cook for 2 to 3 minutes until the sauce thickens.
- 8 Garnish with sesame seeds, red pepper flakes and scallions and serve with cooked rice or grains of choice.