

VEGAN JALAPENO CHICKPEA MAC AND CHEESE PASTA

INGREDIENTS:

16 OZ. (2 BOXES) CHICKPEA SHELLS
8-10 C WATER
PINCH OF SEA SALT
2 SLICED JALAPEÑOS. KEEP SEEDS FOR ADDED SPICE
1 CAN (15 OZ.) CHICKPEAS (DRAINED)
1/2 TSP PAPRIKA
1/2 TSP CHILI POWDER
1/4 TSP GARLIC SALT
2-3 TBSP. OLIVE OIL OR AVOCADO OIL (DIVIDED)

PINCH OF CUMIN
1- 2 TSP GARLIC MINCED (DIVIDED)
1/4 TO 1/2 TSP EACH SALT SALT/PEPPER (DIVIDED)
3/4 C COCONUT OR ALMOND MILK
1/4 CUP BROTH OR WATER (POSSIBLY MORE)
3/4 C CHEDDAR CHEESE
1 TBSP. GLUTEN FREE FLOUR OR POTATO/TAPIOCA STARCH
CILANTRO AND CRUSHED RED PEPPER TO GARNISH.
OPTIONAL 2 TBSP. TACO SAUCE OR TABASCO.
EXTRA NUTRITIONAL YEAST IF DESIRED (SEE NOTES)

1. PREHEAT OVEN 400F. SLICE JALAPENOS 1/4 IN TO 1/2 INCH THICK. IF YOU SLICE THEM TOO THICK THEY WILL COOK TOO FAST.
2. MIX, CHICKPEAS, JALAPENOS, AND PAPRIKA, CUMIN, SALT/PEPPER, GARLIC SALT IN A BOWL WITH OIL. SPREAD ON BAKING SHEET AND BAKE 400F FOR 15-20 MINUTES.
3. WHILE THAT IS BAKING, COOK YOUR PASTA.
4. ONCE PASTA IS COOKED, DRAIN AND LIGHTLY RINSE. ADD BACK INTO THE POT WITH 1 -2 TBSP. OLIVE OIL AND 1/2 TSP GARLIC MINCED. ADD IN 1/4 TSP SALT/PEPPER TO TASTE. KEEP HEAT ON LOW.
5. IN ANOTHER SMALL SAUCEPAN, WHISK TOGETHER 3/4 CUP COCONUT OR ALMOND MILK WITH 1/4 CUP BROTH OR WATER, 3/4 CUP CHEDDAR CHEESE, 1/2 TSP MINCED GARLIC, AND 1 TABLESPOON GLUTEN FREE FLOUR OR STARCH (TAPIOCA, POTATO ETC.). COOK ON MEDIUM UNTIL "CHEESY" SAUCE IS FORMED. ADD A FEW TABLESPOONS MORE MILK IF YOU NEED TO THIN OUT SAUCE BEFORE ADDING TO PASTA.
NOTES: DEPENDING PASTA TYPE, YOU MAY NEED MORE SAUCE.
6. ADD THIS SAUCE TO YOUR PASTA, MIX TOGETHER. KEEP PASTA ON LOW OR COVERED UNTIL JALAPEÑO CHICKPEA BAKE IS READY.
7. ONCE JALAPENOS/CHICKPEAS ARE BAKED, ADD THEM TO THE PASTA.
8. COOK ALL TOGETHER FOR 5 MINUTES ON LOW ADDING MORE SALT/PEPPER IF DESIRED...

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