

## **Roasted Chickpea and Broccoli Burritos**

### **Prep Time**

15 min

### **Cook Time**

40 min

### **Servings**

makes 4-6 burritos

### **Ingredients**

- 3 cups cooked chickpeas or 2 15-ounce cans, drained
- 1 large yellow onion, chopped
- 1 red bell pepper, chopped
- 1 large crown of broccoli, chopped into bite-sized trees
- 3-4 cloves of garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons soy sauce, tamari, or Bragg Liquid Aminos
- 1 lime

### **Spice Blend**

- 2 teaspoons chili powder blend
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander (or more cumin if you don't have ground coriander)
- cayenne pepper to taste
- *burrito trimmings: tortillas, avocado, spinach, lettuce, cilantro, salsa, our Tex-Mex Queso*

### **Directions**

1. Heat the oven to 425 degrees.
2. Place all the chopped-up veggies (aside from the garlic) in a large bowl with the cooked chickpeas. Mix the spices together in a small bowl. Pour in the oil and soy sauce, stir, and then throw spice blend all over the chickpeas and veggies. Mix until covered.
3. Put all of that on a large rimmed baking sheet and bake for 20 minutes. Take it out of the oven, add the garlic, and stir it around. Bake for another 15 minutes. The broccoli might look a little burnt at this point, but that is okay. Now take it out of the oven. Squeeze the juice of half of the lime over the pan and stir the roasted chickpeas and veggies all around. Taste and see if it needs more spices. Now is the time to make your burrito. Add what you like but I like mine with spinach, some salsa, and avocado. This also makes a great taco salad too. Just a suggestion.