

# MEXICAN CHICKPEA SCRAMBLE



## FETTLE VEGAN

[www.fettlevegan.com](http://www.fettlevegan.com)

This recipe is:

VEGAN

GLUTEN-FREE

SOY-FREE

NUT-FREE

### INGREDIENTS:

- 1- 15 ounce can chickpeas (garbanzo beans), half mashed
- 1/2 medium onion (about 1/4 cup), chopped
- 1 small bell pepper (about 1/4 cup), diced
- 1 medium tomato (about 1/4 cup), diced
- 1/4 cup shredded cabbage
- 1 clove garlic, minced
- 2 tablespoons coconut oil, separated
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne
- 1/4 teaspoon smoked paprika
- 1/8 teaspoon turmeric
- salt & pepper to taste

### DIRECTIONS:

In a medium-sized frying pan, heat 1 tablespoon of coconut oil with chopped onions, bell peppers, and garlic. Cook on medium heat, stirring regularly, until onions begin to soften and start to become glassy, about 5 minutes. While veggies cook, use a fork to mash about half of the chickpeas. (More or less, depending on the texture you prefer- more mashed is closer to a scrambled egg texture.) Add chickpeas & the last tablespoon of coconut oil to the frying pan, and stir to combine. Sprinkle in cumin, cayenne, smoked paprika, turmeric, salt & pepper. Stir to evenly distribute, and continue cooking several minutes, until mixture is heated through. Toss in chopped tomatoes & shredded cabbage, and cook 1-2 more minutes, so they slightly soften. Turn off the heat and serve your scramble with a side of avocado and salsa, plus a sprinkle of chopped cilantro, and a squeeze of fresh lime. Serves 2. Leftovers save well in the fridge for up to 3 days. Enjoy!