

Chickpea Mushroom Protein Mixture

Prep: 15 minutes • Cook: 0 minutes

A savory, meaty-textured chickpea, mushroom, and walnut base bursting with warm spices and citrusy lift. Perfect for meal prep and endlessly versatile for burgers, tacos, parathas, taquitos, rice, or falafel-style bites.

Ingredients

- 1/2 cup walnuts
- 2 to 3 ounces mushrooms
- 2 cloves garlic
- 30 ounces canned or 3 cups cooked chickpeas (drained (if canned))
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 to 3 teaspoons chili powder blend or taco seasoning (use Tex-Mex or chipotle blend; not pure chili powder)
- 2 teaspoons paprika
- 3/4 teaspoon salt
- 1 tablespoon tomato paste
- 1/2 teaspoon, or more to taste lime zest
- 1 to 2 teaspoons oil (optional)
- 1 to 2 tablespoons nutritional yeast (optional)
- 2 tablespoons hemp seeds (optional)
- 1/4 cup fresh herbs (cilantro or parsley) (chopped, optional)

Instructions

1. Add walnuts, mushrooms, and garlic to a food processor and pulse until chopped into a coarse mixture.
2. Add garlic powder, onion powder, chili powder blend or taco seasoning, paprika, salt, chickpeas, tomato paste, lime zest, and oil (if using). Add nutritional yeast, hemp seeds, and fresh herbs if using.
3. Process until most chickpeas are broken down and the mixture is evenly combined, leaving some pieces for texture.
4. Scrape down the sides of the bowl as needed and process again to evenly mix.
5. If the mixture seems too dry, add a splash of oil or water and pulse to combine.
6. Transfer the mixture to a container. Refrigerate up to 3 days, or portion and freeze up to 3 months for later use.

Tags: Vegan, Gluten Free, Soy Free, High Protein, Meal Prep, Budget Friendly

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