

High-Protein One-Pot Chickpeas & Beans

Prep: 9 minutes • Cook: 20 minutes

A hearty, creamy one-pot stew where chickpeas and white beans mingle with broccoli and tomatoes in a lightly spiced, velvety plant-milk broth. Bright herbs and a squeeze of lemon lift the dish with fresh, zesty aromatics.

Ingredients

- 1 tablespoon olive oil
- 1 medium onion (diced)
- 3 cloves garlic (minced)
- 1 can (15 oz) chickpeas (garbanzo beans) (drained and rinsed)
- 1 can (15 oz) white beans (drained and rinsed)
- 1 teaspoon Better Than Bouillon
- 1 cup vegetable broth (use instead of bouillon, if preferred)
- 1 cup broccoli florets (fresh or frozen)
- 1 large tomato (diced)
- 1 cup plant milk (such as almond, soy, or oat)
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional, for heat)
- to taste salt
- to taste fresh parsley or cilantro (for garnish (optional))
- 1 tablespoon lemon juice (optional, for brightness)

Instructions

1. Heat olive oil in a large saucepan or pot over medium heat. Add the diced onion and minced garlic; cook until softened and fragrant.
2. Rinse and drain the chickpeas and white beans, then add them to the pot and stir to combine with the aromatics.
3. Add Better Than Bouillon (or pour in vegetable broth), black pepper, and red pepper flakes. Stir in the broccoli and cook a few minutes until vibrant green.
4. Add the diced tomato and plant milk; stir well and simmer over medium heat for 15–20 minutes, until the vegetables are tender and the broth is creamy.
5. Season with salt to taste. Spoon into bowls and garnish with parsley or cilantro; finish with lemon juice if desired.

Tags: Vegan, High Protein, One Pot, Beans, Chickpeas, Meal Prep

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