# Marry Me Chickpeas with Silken Tofu and Sun-Dried Tomato Cream Sauce

Prep: 15 minutes • Cook: 15 minutes

*Tender chickpeas simmered in a velvety, garlicky sun-dried tomato sauce enriched with silken tofu and vegan cream cheese, finished with lemon and fresh basil. Cozy, rich, and irresistibly creamy in one easy pan.*

## Ingredients

- 10 ounces silken tofu
- 3/4 cup soy milk (unsweetened)
- 1/2 cup vegetable broth (low-sodium if preferred)
- 1/4 cup vegan cream cheese
- 2 tablespoons nutritional yeast
- 1/4 teaspoon salt (to taste)
- 1 medium/large shallot (finely diced)
- 4 cloves garlic (minced)
- 2 tablespoons vegan butter or olive oil
- 1/2 cup oil-packed sun-dried tomatoes (drained and chopped)
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- 2 (15.5-ounce) cans chickpeas (drained and rinsed)
- 3 cups kale leaves (chopped, tough stems removed)
- 1/4 teaspoon black pepper (freshly ground)
- 1/2 large lemon (juiced, optional)
- to taste fresh basil leaves (torn, for topping)

## Instructions

1. Add silken tofu, vegan cream cheese, soy milk, vegetable broth, nutritional yeast, and salt to a blender.
2. Blend until completely smooth and creamy; set aside.
3. Heat a large skillet over medium heat and add the vegan butter or olive oil.
4. Add the shallot and cook 2–3 minutes, stirring occasionally, until softened.
5. Add the garlic and cook about 30 seconds until fragrant.
6. Stir in the sun-dried tomatoes and cook 2–3 minutes to soften and release flavor.

7. Stir in tomato paste, dried oregano, and red pepper flakes (if using); cook about 1 minute until the paste darkens slightly and is fragrant.

8. Add the chickpeas and stir to coat in the tomato mixture.

9. Add the kale and cook, stirring occasionally, until wilted, about 2–4 minutes.

10. Pour in the blended sauce, stir well, and bring to a gentle simmer for 5–7 minutes until the sauce thickens slightly and clings to the chickpeas. If too thick, stir in a splash of broth or plant milk.

11. Taste and adjust salt if needed. Remove from heat, add black pepper and lemon juice.

12. Top with freshly torn basil and serve.

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**Tags: Vegan, Chickpeas, One Pan, 30 Minutes, High Protein, Dairy Free**

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