

Smashed Chickpea Broccoli Stew (High-Protein Vegan Comfort Food)

Prep: 10 minutes • Cook: 20 minutes

A creamy, rustic one-pot vegan stew where smashed chickpeas thicken a tomato- and spice-infused broth, layered with tender broccoli, wilted spinach, and bright notes of lemon and fresh basil.

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion (diced)
- 6 cloves garlic (minced)
- 2 tablespoons tomato paste
- 2 (15-ounce) cans chickpeas (drained and rinsed)
- 1 large head broccoli (cut into bite-sized florets)
- 4 cups vegetable broth
- 1 tablespoon soy sauce
- 1 teaspoon garam masala
- 1 teaspoon berbere seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon coconut sugar
- to taste salt
- to taste black pepper (freshly cracked)
- 4 cups baby spinach
- 1 lemon (juiced)
- 1/4 cup basil (chopped fresh)

Instructions

1. Heat olive oil in a large Dutch oven over medium heat. Add diced onion and cook 5–7 minutes until softened and lightly golden. Stir in minced garlic and cook 1 minute until fragrant.
2. Stir in tomato paste and cook 2–3 minutes until darkened. Add garam masala, berbere, smoked paprika, garlic powder, onion powder, coconut sugar, and a few grinds of black pepper; toast about 30 seconds, stirring constantly.
3. Add chickpeas, broccoli, vegetable broth, and soy sauce. Bring to a gentle boil, then reduce heat and simmer 15–20 minutes until broccoli is tender. Mash about half the chickpeas in the pot to thicken. Season with salt to taste.

4. Stir in spinach and cook just until wilted, about 2 minutes. Remove from heat, then stir in chopped basil and lemon juice. Taste and adjust salt, pepper, or lemon as needed.
5. Ladle into bowls and serve. Optional: garnish with extra basil, a drizzle of olive oil, and cracked black pepper. Serve with crusty bread or rice.

Tags: Vegan, High Protein, One Pot, Stew, Chickpeas, Broccoli

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