

Vegan Chickpea & Rice Casserole (Dump-and-Bake)

Prep: 10 minutes • Cook: 45 minutes

A cozy, creamy baked casserole where jasmine rice and tender chickpeas soak up savory vegan stock and coconut milk, studded with mushrooms and aromatics for comforting, deep flavor with minimal effort.

Ingredients

- 1 1/2 cups (350 ml) vegan chicken-flavored stock (or vegetable broth)
- 3/4 cup (174 ml) full-fat coconut milk
- 2 tablespoons nutritional yeast
- 1 cup (185 g) white jasmine rice (uncooked)
- 2 cups (400 g) chickpeas (cooked)
- 1/2 yellow onion (diced)
- 2-3 cloves garlic (minced)
- 1 rib celery (finely diced)
- 5 oz cremini mushrooms
- 2 tablespoons parsley (chopped)

Instructions

1. Preheat the oven to 375°F and set out a 9×13-inch (or similar) casserole dish.
2. Add the vegan chicken-flavored stock, coconut milk, and nutritional yeast to a medium pot and bring to a boil over high heat.
3. While the liquid heats, add the rice, chickpeas, onion, garlic, celery, and mushrooms to the casserole dish. Mix to combine and spread evenly.
4. When the liquid reaches a boil, carefully pour it over the casserole contents. Cover with a layer of parchment paper (optional) followed by aluminum foil, or use a casserole lid.
5. Place on the middle rack and bake for 45 minutes.
6. Remove from the oven and let the casserole rest for 5 minutes, then uncover.
7. Top with chopped parsley and serve warm. Refrigerate leftovers for up to 5 days.

Tags: Vegan, Casserole, Chickpeas, Rice, Dump and Bake, Comfort Food

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