

## **Vegan It Iz Eats**

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### **Recipe: BBQ Chickpeas**

#### Ingredients

16 oz of drained chickpeas

1 bottle of your favorite BBQ Sauce (prefer homemade with a few staple ingredients but use what you have)

1/2 diced onion

2 diced colorful peppers...(to make it colorful)

2 shakes of garlic powder

2 dabs of ground all spice

1 pinch of turmeric mixed with red pepper chili flakes

#### Instructions

1. Add seasonings, peppers and onions to 4 ounces of water
2. Once the veggies start to get soft, add your drained chickpeas and BBQ Sauce to the mix
3. Let simmer for 5-7 minutes or until desired texture of Chickpeas has been reached