

Crispy Chickpea Rice Bowls



Serves: 4



Total Time:
20 minutes



Ingredients

- 2 cans chickpeas, drained and patted dry,
- 2 cups cooked brown rice,
- 2 tbsp olive oil,
- 3 garlic cloves, minced,
- 1 can diced tomatoes,
- Salt, cumin, and paprika to taste



Instructions

1. Heat olive oil in a skillet over medium-high. Add chickpeas and cook 8 to 10 minutes, stirring occasionally, until golden and starting to crisp.
2. Add garlic and spices, stir for one minute.
3. Pour in the diced tomatoes. Simmer 5 minutes until slightly thickened.
4. Spoon over brown rice and serve.