Chorizo de garbanzos

by Eddie Garza

Chorizo is a beloved Mexican staple, bold, tangy, deeply spiced, but it doesn't have to come at the cost of animals. By using garbanzo beans instead of pork, this recipe keeps the smoky chilies, the vinegary brightness, and the crumbly texture. All the flavors you grew up with while sparing pigs from suffering in factory farms. It's tradition you can feel good about, full of flavor and compassion!

Ingredients

1 1/2 tablespoons olive oil
1/2 cup yellow onion, finely diced
1/4 teaspoon salt
4 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 teaspoon dried thyme
1/2 teaspoon dried Mexican oregano
1/4 teaspoon ground black pepper
1/4 teaspoon cinnamon
1/2 teaspoon ground cloves
1 teaspoon ground coriander
1/2 teaspoon paprika
1/2 teaspoon chipotle powder
1 teaspoon chile ancho powder
2 1/2 tablespoons sun-dried tomatoes, finely chopped
1 (15-ounce) can chickpeas, drained and rinsed
1 teaspoon tamari
2 tablespoons apple cider vinegar

Instructions

1. In a large pan, heat the oil at medium high heat. Add the onions and salt and sauté for 4 to 5 minutes, or until the onion is nearly translucent. Add the garlic and stir.

2. Add the cumin, thyme, oregano, pepper, cinnamon, cloves, coriander, paprika, chipotle, Chile ancho powder, and the sun dried tomatoes. Mix well.

3. Add the chickpeas, tamari, and vinegar, and toss until combined.

4. Mash the mixture lightly until the chickpeas are crumbly. Mix well and cook for 5 to 7 minutes, stirring occasionally.