

Spicy Southern Chickpeas

Yield: 2 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-spice-mix-recipe>

Ingredients:

- 1 1/2 cups chickpeas cooked
- 1 cup bell pepper chopped
- 1 1/2 cups diced tomatoes
- 1/2 cup water
- 2 teaspoons spice blend Cajun, you can get the recipe in the book on page 23
- 1/2 teaspoon chipotle powder
- 2 cloves garlic minced
- 3 dashes liquid smoke or smoked salt
- Tabasco optional
- hot sauce optional
- salt
- pepper
- 1/2 cup grits yellow or white
- 1 cup nondairy milk unsweetened
- 1 cup water
- 1 bouillon cube veggie
- salt
- pepper

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 91 grams
3. Fat: 5 grams
4. Fiber: 14 grams
5. Protein: 18 grams
6. Sodium: 1520 milligrams
7. Sugar: 11 grams

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