

Barbecue Chickpea "Wings"

Prep time:

5 minutes

Cooking time:

35 minutes

Yields:

6 people

Ingredients:

10 oz. chickpea flour
3 tbsp nutritional yeast
1/2 cup cold vegetable broth
1/4 cup Bragg's liquid aminos
2 tbsp lemon juice
1 tbsp olive oil
For the simmering broth:
4 cups vegetable broth
4 cups water
1/4 cup Bragg's liquid aminos
3 cloves garlic smashed

For crisping:
1 tbsp coconut oil

For the sauce:
8 oz. organic ketchup
2 oz. molasses or more to taste
1 tablespoon apple cider vinegar
1 tablespoon smoked paprika
1 tablespoon garlic powder
1 tablespoon chili powder
salt and pepper to taste

Directions:

Combine all ingredients for the simmering broth, bring to a boil and reduce to a simmer. Mix the chickpea flour and nutritional yeast together then add the broth, aminos, lemon juice and olive oil. A soft dough will form. Pull off chunks that are approximately 1-2" in length and drop them

in the simmering liquid. Let cook for 10 minutes and remove from liquid. Preheat oven to 425°. On the stovetop, heat a large oven safe skillet or dutch oven. Add oil and add "wings". Gently stir 1-2 minutes and place in oven for 25 minutes. In a large mixing bowl combine sauce ingredients. Remove "wings" from the oven, toss with sauce and enjoy.