



Orange Ginger Chickpea Stir Fry

3 servings

25 minutes

Ingredients

- 4 cups Frozen Vegetable Mix
- 1/2 cup Orange Juice
- 2 tbsps Tamari
- 2 tbsps Maple Syrup
- 1 tbsp Ginger (fresh, grated)
- 1 tsp Garlic Powder
- 1 tbsp Arrowroot Powder
- 3 cups Chickpeas (cooked, drained, rinsed)

Directions

- 1 Heat a large pan over medium heat. Add the frozen vegetable mix and cook for 10 to 15 minutes, or until completely thawed.
- 2 In a bowl, combine the orange juice, tamari, maple syrup, ginger, garlic powder, and arrowroot powder. Whisk until well combined.
- 3 Add the chickpeas to the vegetables. Add the sauce and stir until everything is coated. Cook for another five minutes and allow the sauce to thicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add orange extract and sesame oil to the sauce.

Additional Toppings: Sesame seeds, toasted cashews, sunflower, or mung bean sprouts.

No Frozen Vegetable Mix: Any vegetable mix will work here. Likewise, use the vegetables you have on hand like. We like zucchini, carrot, onion, mushrooms, peppers, celery, or bok choy.

No Arrowroot Powder: Use cornstarch instead.