

# Mushroom Chickpea Smashed Bowl

SERVINGS  
4

PREP TIME  
10 MIN

COOK TIME  
30 MIN

TOTAL TIME  
40 MIN

*This hearty plant-based bowl features savory sauteed mushrooms and chickpeas in a rich red wine sauce, nestled over creamy mashed potatoes for a comforting and satisfying meal.*



**ORGANIZING**  
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## Ingredients

## Directions

1

- 6 Medium Potatoes
- 1 tbsp Vegan Butter
- Splash of Non-Dairy Milk
- Salt & Pepper To Taste

### PREPARE SMASHED POTATOES

- Boil water in a large saucepan.
- Wash and dice potatoes. Add to boiling water and cook until fork tender (roughly 15 minutes). Drain potatoes.
- Add vegan butter and non-dairy milk to pot, smash until small chunks remain. Add salt & pepper to taste. Set aside.

2

- Drizzle Olive Oil
- 1 Small Onion
- 8 oz Bag Baby Carrots
- 1 tbsp Minced Garlic

### PREPARE VEGGIES

- Heat a drizzle of olive oil in large skillet over medium heat.
- Dice onion and carrots and add to hot skillet. Cook 3 minutes stirring often.
- Add minced garlic and cook 1 more minute.

3

- 24 oz Chestnut Mushrooms or Substitute Cremini/Baby Bella if needed
- 1 tbsp All-Purpose Flour

### PREPARE MUSHROOMS WHILE CARROTS & ONIONS ARE COOKING

- Gently wash mushrooms. Cut off bottom stems and cut into bite size chunks - bigger chunks are good.
- Add to skillet and cook about 4 minutes, stirring often as they cook down.
- Add flour to skillet, mix well to incorporate and cook 1 minute.

4

- 2 Cups Vegetable Broth
- 1 Cup Dry Red Wine (or sub more Vegetable Broth)

- Add broth and wine to skillet. Scrape bottom of skillet to remove any browned bits as you go.

5

- 2 tbsp Tomato Paste
- 2 tsp Dried Thyme
- 2 tsp Oregano
- 1 tsp Reduced Sodium Soy
- 1 tsp Salt
- ½ tsp Black Pepper
- OPTIONAL: 1-2 Sprigs of Fresh Rosemary

- Add tomato paste and spices to skillet. Mix well to incorporate and cook down about 10 minutes.

6

- 1 Can Garbanzo Beans

- Drain garbanzo beans and add to skillet.
- Check flavors and adjust as necessary, likely to need more salt.
- Cook 5 more minutes to thicken slightly.
- Serve mushrooms over smashed potatoes. Add salt & pepper to taste.