FOOD BANK
OF NORTHEAST GEORGIA

GENERAL TSO'S CHICKPEAS

Ingredients

Chickpeas

- **1 (15-oz.)** Can chickpeas, drained
- **1 Tbsp.** Reduced-sodium soy sauce
- **1 Tbsp.** Rice wine vinegar
- **1 Tbsp.** Sriracha
- **2 Tbsp.** Cornstarch

Sauce

- **3** Garlic cloves, finely grated
- **1/3** Cup low-sodium vegetable broth
- **3 Tbsp.** Rice wine vinegar
- **2 Tbsp.** Packed light brown sugar
- **1 Tbsp.** Finely grated peeled ginger
- **1 Tbsp.** Hoisin sauce
- **2 Tbsp.** Reduced-sodium soy sauce
- **1 Tbsp.** Toasted sesame oil

Stir-Fry

- **1/4 cup vegetable oil**
- **3 garlic cloves, thinly sliced**
- **1 tsp. crushed red pepper flakes**
- **Toasted sesame seeds, thinly sliced scallions, and cooked white rice, for serving**

Instructions

Chickpeas

- In a medium bowl, toss chickpeas, soy sauce, vinegar, and sriracha. Let sit 10 minutes, then drain and reserve liquid. Add cornstarch to chickpeas and toss to coat.

Sauce

- Meanwhile, in a small bowl, whisk garlic, broth, vinegar, brown sugar, ginger, hoisin sauce, soy sauce, and sesame oil; set aside until ready to use.

Stir Fy

- **Step 1:** In a large skillet over medium heat, heat peanut oil. Fry chickpeas, stirring occasionally, until golden and crispy, 8 to 10 minutes. Transfer chickpeas to a plate; reserve oil in skillet.
- **Step 2:** Return skillet to medium heat. Cook garlic, and red pepper flakes, stirring occasionally, until garlic is lightly toasted, about 1 minute.
- **Step 3:** Slowly add sauce to skillet and stir until slightly thickened, 1 to 2 minutes. Return chickpeas to skillet and stir until coated in sauce. Remove from heat.
- **Step 4:** Divide rice among bowls. Spoon chickpea mixture over. Top with sesame seeds and scallions.