



Spicy Soy Chickpea Tacos Recipe

INGREDIENTS

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 3 tablespoons soy sauce
- 2 tablespoons tomato paste
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Salt and black pepper to taste

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(Continued 2)

INGREDIENTS:

- For Toppings:
- Small tortillas (corn or flour)
- Fresh salsa
- Guacamole
- Chopped fresh cilantro
- Lime wedges

Soy-based Spicy Sauce:

- 1/4 cup soy sauce
- 2 tablespoons hot sauce (adjust to taste)
- 1 tablespoon lime juice
- 1 tablespoon maple syrup

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(Continued 3)

DIRECTIONS

Prepare the Spicy Soy Chickpeas:

1. In a bowl, whisk together soy sauce, tomato paste, maple syrup, olive oil, ground cumin, smoked paprika, chili powder, garlic powder, cayenne pepper, salt, and black pepper to create a flavorful sauce.
2. In a large skillet over medium heat, add drained and rinsed chickpeas. Pour the soy sauce mixture over the chickpeas, stirring well to ensure they are evenly coated.
3. Simmer the chickpeas in the sauce for 10-15 minutes, allowing them to absorb the flavors and become slightly crispy. Adjust seasoning if needed.

Prepare the Soy-based Spicy Sauce:

1. In a small bowl, whisk together soy sauce, hot sauce, lime juice, and maple syrup. Set aside.

Assemble the Tacos:

1. Warm the tortillas in a dry skillet or microwave according to package instructions.
2. Spoon the spicy soy chickpeas onto each tortilla.
3. Top with fresh salsa, guacamole, and chopped cilantro.
- 4.4. Drizzle with Soy-based Spicy Sauce:
5. Drizzle the prepared soy-based spicy sauce over the assembled tacos for an extra kick.

Serve and Enjoy: