Creamy Slow Cooker Chickpeas and Rice Casserole

Source: Dustin Harder of DustinHarder.com

About the Recipe

162 Calories · 8 g Protein · 5 g Fiber
Dinner

Ingredients

Makes 12 Servings

- 1 cup (165 g) brown rice
- 3 1/2 cups (828 mL) low-sodium vegetable broth, divided
- 1 15.5-ounce can low-sodium chickpeas or 1 1/2 cups (255 g) cooked chickpeas, drained and rinsed
- 1 1/2 cups (195 g) frozen peas
- 1/2 cup (115 g) Universal Meals Sunflower Sour Cream or vegan sour cream
- 1 1/2 cups (201 g) chopped kale
- 1/2 cup (35 g) nutritional yeast
- 1 teaspoon sea salt
- 1 teaspoon poultry seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 2 tablespoons (15 mL) soy-free vegan butter **optional*

Directions

1. Add the rice and 3 cups of the broth to a slow cooker and cook on high for 2 1/2 hours.

2. Add the remaining 1/2 cup broth, chickpeas, peas, sour cream, kale, nutritional yeast, salt, poultry seasoning, onion powder, garlic powder, and black pepper. Add the butter, if using. Mix to combine and cook on low for an additional 30 minutes until liquid is absorbed and everything is heated through.
3. Turn off the slow cooker when finished cooking so the rice doesn't dry out.

Nutrition Facts

Per serving:
Calories: 162
Fat: 4 g
Saturated Fat: 0 g
% Calories From Fat: 19%
Cholesterol: 0 mg
Protein: 8 g
Carbohydrate: 26 g
Sugar: 3 g
Fiber: 5 g
Sodium: 302 mg
Calcium: 33 mg
Iron: 1 mg
Vitamin C: 2 mg
Beta-Carotene: 311 mcg
Vitamin E: 2 mg