# Mashed Chickpea “Potatoes” w/ Creamy Mushroom Gravy

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*A healthy alternative to mashed potatoes and gravy*



**Yield:** 6 servings

**Ingredients:**

***Chickpea Puree:***

3 cans chickpeas, drained and rinsed, reserve ½ liquid

1 Tbsp olive oil

1 Tbsp lemon juice

½ onion, diced

2 garlic cloves, minced

Salt and pepper

***Mushroom Gravy:***

1 Tbsp olive oil

16 ounces mushrooms, sliced (foodservice or cremini)

½ onion, diced

2 sprigs fresh thyme

1 Tbsp flour

¼ cup white wine

1 cup vegetable stock

**Method of Preparation:**

***Chickpea Puree:***

1. Blend chickpeas in food processor until creamy with 1 can chickpea liquid. Season to taste with salt and pepper.
2. Heat sauté pan over medium-high heat. Add oil.
3. Add onion; cook 3-4 minutes.
4. Add garlic; cook 1-2 minutes.
5. Add chickpea puree to sauté pan; heat.
6. Add more chickpea liquid if needed to achieve desired smooth consistency.

***Mushroom Gravy:***

1. Heat sauté pan over medium-high heat. Add oil.
2. Add onion; cook 3-4 minutes.
3. Add mushrooms and thyme. Cook about 10 minutes, or until mushrooms are soft.
4. Add flour to thicken excess liquid from mushrooms.
5. Add white wine. Cook until reduced by ¾.
6. Add vegetable stock and cook 5-7 minutes, or until desired consistency is reached (sauce should coat the back of a spoon).
7. Season to taste with salt and pepper.
8. Serve on top of mashed chickpea “potatoes.”

**Nutritional Analysis:** Per serving

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| Calories: | 444 kcal | Fiber: | | | 18.7 g | | | Calcium: | | 112 mg | |
| Total Fat: | 11 g | Cholesterol: | | | 0 mg | | | Iron: | | 9 mg | |
| Saturated Fat: | 1.3 g | Vitamin D: | | | 272 mcg | | | Sodium: | | 39 mg | |
| Protein: | 22.2 g | Potassium | | 1160 mg | | |
| Carbohydrates: | 66.6 g |  | | |  | | |  | |  | |
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