

# BBQ CHICKPEA SLIDERS

## BBQ chickpea sliders

Makes 2-3 sliders

- 15 ounces canned chickpeas , rinsed and drained (1 can)
- ½ cup BBQ sauce of choice
- ½ tsp garlic powder
- ¼ tsp chili powder
- Buns or flour tortilla
- Optional: 2 tbsp favorite hot sauce

## Slaw

- 1/2 head red cabbage, finely shredded
- 1 carrots, finely shredded
- 3 tablespoons cider vinegar
- Salt and paper to taste



## Optional toppings

- Pickles
- Red onion
- Lettuce
- Tomato
- Mayonnaise
- Mustard

**Slaw:** in separate bowl, add cabbage, carrots, salt & pepper, and vinegar. Toss and let sit to side.

**Slider:** Drain canned chickpeas. In bowl lightly mash chickpeas to smaller chunks. Heat pan on low heat. Add bbq sauce, spices, and hot sauce (if using), stir and let come to a simmer (until sauce starts to bubble). Stir in chickpeas until coated. Add chickpeas to bun, and top with slaw and additional optional toppings of choice.