

Firecracker Chickpea Meatballs

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4.43 from 14 votes

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

These chickpea meatballs pack a mighty flavor punch! Smothered in sweet and spicy firecracker sauce and served with a sprinkling of fresh chives, they're perfect in a sandwich or for party snacking.

Course: Appetizer, Entree

Cuisine: American

Keyword: firecracker sauce, vegan meatball recipe

Servings: 4

Calories: 257 kcal

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Ingredients

For the Chickpea Meatballs

- 1 (14 ounce or 400 gram) can chickpeas, drained and rinsed
- 1 cup panko breadcrumbs
- 1/2 cup chopped red onion
- 2 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- Black pepper, to taste
- 1 tablespoon canola oil, or high-heat oil of choice

For the Firecracker Sauce

- 2 tablespoons chilled water
- 1 teaspoon cornstarch
- 1/2 cup vinegar-based hot sauce (preferably Frank's brand)
- 1/3 cup organic brown sugar
- 1/4 cup water (this is in addition to the chilled water listed above)
- 2 tablespoons soy sauce

For Serving

- Fresh chives

Instructions

To Make the Chickpea Meatballs

1. Preheat the oven to 400°F.
2. Place the chickpeas, breadcrumbs, onion, garlic, soy sauce, paprika, cumin and black pepper into the bowl of a food processor fitted with an s-blade.
3. Pulse the food processor until the ingredients are finely chopped and well mixed. Don't overblend or your meatballs will be mushy.
4. Lightly oil a baking sheet or oven safe skillet with about half of the oil.
5. Roll the chickpea mixture into 1 1/2 inch balls (you should get about 16 of them).
6. Arrange the balls on the baking sheet and lightly brush the tops with the remaining oil.
7. Bake the meatballs for about 30 minutes, turning them halfway through, until lightly browned.

To Make the Firecracker Sauce

1. Whisk the cornstarch and chilled water together in a small dish or bowl.
2. Stir the remaining ingredients together in a small saucepan.
3. Set the pan over medium heat.
4. Bring the mixture to a boil, lower the heat and allow it to simmer for about 10 minutes.
5. Stir in the cornstarch mixture and continue simmering until the mixture thickens up slightly, about 1 minute.



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To Serve

1. Pour the sauce over the meatballs and gently stir until the meatballs are evenly coated.
2. Sprinkle with chives and serve.

Nutrition Facts	
Firecracker Chickpea Meatballs	
Amount Per Serving (4 meatballs (1/4 of total batch))	
Calories 257	Calories from Fat 46
	% Daily Value*
Fat 5.1g	8%
Saturated Fat 0.4g	2%
Sodium 1271mg	53%
Potassium 280mg	8%
Carbohydrates 46.3g	15%
Fiber 5.9g	24%
Sugar 12.9g	14%
Protein 7.6g	15%
Calcium 50mg	5%
Iron 2.5mg	14%

* Percent Daily Values are based on a 2000 calorie diet.