

Chickpea Stuffed Sweet Potatoes

Sweet Potatoes stuffed with chickpeas and Kabli make a hearty meal on their own

Course: dinner, lunch Cuisine: American, asian fusion Servings: 2

Author: @rainbowlfoods



Equipment

- pressure cooker

Ingredients

- 2 sweet potatoes
- 1 can chickpeas
- 1/2 cup Lucky Foods Kalbi Sauce
- 1/2 tsp garlic powder
- 1/4 tsp chili powder
- salt to taste

Instructions

1. **Rinse and poke fork holes in the sweet potatoes.**
2. **Drain chickpeas and rinse well, removing any excess skins.**
3. **Mix chickpeas, BBQ sauce, and spices in the bottom of the pressure cooker.**
4. **Place a steaming rack with sweet potatoes on top.**
5. **Using the “Pressure” button, set the Instant Pot to pressure cook on HIGH pressure for 18 minutes. Depending on the model of Instant Pot you are using, this button may be called something else — like “Manual” or “Pressure Cook”.**
6. **Once the timer goes off, allow the pressure cooker to naturally release pressure — this will take about 10 minutes. Once complete, turn the venting knob to the Venting position to release any remaining pressure before removing the lid.**
7. **Remove sweet potatoes from the Instant Pot and select the “Sauté” setting.**
8. **Sauté the chickpeas until the sauce thickens — about 3 minutes.**
9. **Cut the sweet potatoes down the middle and stuff with the BBQ chickpeas.**
10. **Top as you please — try tomatoes, green onion, avocado, or your favorite sauces like Lucky Foods Kimchi Mayo!**