



Makes one 12-inch pizza
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 cup finely chopped yellow onion

¾ cup finely chopped red bell pepper

¾ cup finely chopped green bell pepper

3 cloves garlic, minced

½ teaspoon sea salt

4 to 6 tablespoons low-sodium vegetable broth

1 tablespoon no-salt-added tomato paste

2 teaspoons smoked paprika

[1 recipe Homemade Oil-Free Pizza Dough](#)

1 cup cooked or canned chickpeas, coarsely chopped if desired

1 cup thinly sliced fresh mushrooms

2 tablespoons pine nuts

1 teaspoon chopped fresh rosemary

¾ cup chopped fresh parsley (optional)

Vegan Mushroom and Chickpea Pizza with Rosemary

There are three things you need to make the perfect pizza: A crust that's crispy on the outside but fluffy on the inside, a finger-licking sauce, and hearty toppings that fill up a rumbling tummy. Luckily, this recipe knocks the pizza trifecta out of the park. The homemade sofrito-style sauce is a blend of aromatic onion, [bell pepper](#), garlic, and herbs, and it serves as a foundation of savory flavor atop the whole wheat crust. Meaty mushrooms, chewy [chickpeas](#), and rich pine nuts make for a powerhouse topping trio that's packed full of flavor and nutrients. A sprinkling of fresh herbs ties everything together once the pie is out of the oven so each slice strikes the perfect balance between fresh and filling.

For more inspiration, check out these tasty ideas:

- [Mini Deep-Dish Pizza Pies](#)
- [Individual Grilled Pesto Pizzas](#)
- [Grilled Street Corn Pizza](#)
- [Apple Dessert Pizza](#)
- Or check out our full roundup of [vegan pizza recipes!](#)

By Ellen Boeke

- 1 Preheat oven to 400°F. For sofrito, in a large nonstick skillet combine onion, bell peppers, and garlic. Sprinkle with salt. Cover and cook over medium 12 to 14 minutes or until very soft, stirring occasionally and adding broth, 2 tablespoons at a time, as needed to prevent sticking and browning. Stir in tomato paste and paprika. If needed, stir in 1 to 2 tablespoons broth so mixture is somewhat loose.
- 2 Place [Oil-Free Pizza Dough](#) on a large piece of parchment paper and roll into a 12-inch circle. Prick with a fork. Transfer dough (and parchment) to a baking sheet. Bake 8 minutes.
- 3 Spread sofrito over crust, leaving a ½-inch border. Top with chickpeas, mushrooms, and pine nuts. Bake 8 to 10 minutes or until crust is golden and crisp. Sprinkle with rosemary and parsley (if using).