Cauliflower Vegetable Curry

Serves 6

Ingredients

- ¼ cup canola oil
- 1 medium onion
- 4 cloves garlic, thinly sliced
- 4 jalapeno peppers, seeds removed and thinly sliced
- 2 inch piece of fresh ginger, peeled and sliced
- 1 can garbanzo beans, rinsed and drained
- 1 sweet potato, peeled and cut into large chunks
- ½ head cauliflower, cut into bite size pieces
- 3 cups low sodium vegetable broth
- 1 cup tomato sauce
- 1 can light coconut milk
- 2 Tbsp curry powder
- 1 Tbsp cumin
- Salt to taste

Preparation

In a large heavy pot over medium heat, cook the onions until soft, about 5-7 minutes. Add the garlic, ginger and jalapeno and cook until fragrant and soft, another 5 minutes. Add the beans, potatoes and cauliflower and stir into the oil and onion mixture. Add the broth, tomato sauce and coconut milk. Add the spices and put a lid on the pot. Turn the heat to low and let it simmer for 30 minutes. Remove the lid and cook another 15 minutes to thicken. Adjust the seasoning with kosher salt and serve hot over rice.

Calories 390, Total Fat 15g, Sat Fat 3.5g, Sodium 570mg, Carbohydrates 34g, Fiber 4g, Sugars 7g, Protein 8g

From www.heatherchristo.com

Provided by: Kasey Pape MS, RD, LD