

# Cauliflower Curry

(Serves 4 - 6)

## Ingredients

- 2 tbsp oil
- 1 Onion *chopped*
- 2 cloves garlic *minced*
- 1 can diced Tomatoes
- 1 medium Cauliflower
- 2 Carrots *diced*
- Salt and freshly ground black pepper
- Cilantro *chopped*
- 1 Tablespoon Curry Powder
- ½ cup of coconut milk (optional)



## Add a little something extra

- Potato, bell peppers, jalapeno, green beans, eggplant, zucchini, spinach, frozen peas are all great add ons.
- Optional garnishes: sprinkling of red pepper flakes, cumin seeds, hot sauce, yogurt, parsley add texture and a pop of flavor.

## Add a Protein

- Try chicken, lentils, garbanzo beans, or an over-easy egg on top for a tasty boost.

## Instructions

1. Heat the oil in a medium to large casserole or deep sauté pan.
2. Add the onion and fry gently until softened but not browned.
3. Add the tomatoes, cauliflower florets, carrots, garlic, and curry powder. Stir well, cover and simmer for 15 minutes until fragrant and tender.
4. The mixture should be quite dry but add a little water or coconut milk if you like it more saucy (this is especially good way to go if you are serving over rice).

## Notes

- ★ Got leftovers? This makes a delicious filling for a savory pie. Get a pie crust (or make your own) add some chicken and make your own delicious version of a chicken curry pot pie.
- ★ No cauliflower? No problem? Try another starchy vegetable such as potatoes, broccoli, sweet potatoes, butternut squash or other types of winter squash.
- ★ Deseed a jalapeno if you want more flavor than spice.
- ★ There are no rules! Throw in your favorite varieties!

## Food, Nutrition, and Basic Skills Program

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