

UC-VEG

Umpqua Community Veg Education Group

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Indian-Style Vegetable Curry

Ingredients:

- 4 medium carrots sliced
- 1 onion thinly sliced
- 3 garlic cloves, minced
- 1 pound of cauliflower, cut into 1-inch florets
- 1-2 Tbsp. curry powder to taste
- 1 tsp ginger
- 1 tsp cumin
- ½ tsp turmeric
- 4-5 yukon gold or red potatoes, quartered
- 8 oz frozen peas
- 1 can roasted diced tomatoes
- 2 cans chickpeas, drained and rinsed
- 2 cups vegetable broth
- ½ cup light coconut milk

Pulse diced tomatoes with their juice in food processor until nearly smooth, about 3 pulses.

Heat 2 Tbsp. of vegetable broth over medium-high heat. Add curry powder, ginger, cumin and turmeric and cook until fragrant, about 10 seconds. Stir in onions, potatoes and ¼ tsp salt and cook, stirring occasionally, until onions are browned and potatoes are golden brown at edges, about 10 minutes.

Reduce heat to medium. Stir in garlic and cook until fragrant, about 30 seconds. Add cauliflower florets and cook, stirring constantly, until florets are coated with spices, about 2 minutes.

Gradually stir in vegetable broth scraping up any browned bits. Stir in chickpeas and tomatoes and bring to a simmer. Cover, reduce to gentle simmer and cook until vegetables are tender, 20-25 minutes (or place in slow cooker for 5 ½ hours).

Uncover, stir in peas and coconut milk and continue to cook until peas are heated through, 1-2 minutes.

Season with salt and pepper to taste and serve.