

Chickpea Cauliflower Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Brown rice, prepared	1	lb.
Onion, diced	1	cup
Vegetable broth, divided	½	cup
Garlic, diced	2	Tbsp.
Ginger, diced	1	Tbsp.
Carrots, diced, sliced, or shredded	1	cup
Cauliflower, cut into small florets	1	head
Broccoli, cut into small florets	2	cups
Garbanzo beans, drained and rinsed	4	cups
Coconut milk	1	13.66 fl. Oz. can
Curry powder	2	Tbsp.
Cumin powder	1	tsp.
Salt	1	tsp.
Red bell pepper, sliced	2	cups
Cilantro, fresh, chopped	4	Tbsp.

Preparation

1. Prepare rice following package instructions.
2. Over medium heat, dry sauté the onion, using ¼ cup of the vegetable broth as needed to de-glaze the pan. Cook onion until translucent. Add garlic and ginger, continue to sauté for 3 minutes, stirring constantly.
3. Add carrots, cauliflower, and broccoli and let cook for 5 minutes until beginning to become tender. Add garbanzo beans, coconut milk, curry powder, cumin, and salt. Stir to combine and turn heat down. Add red bell pepper.
4. Cover and simmer over low heat for 15-20 minutes until vegetables are tender, stirring occasionally. Taste for seasoning and adjust as needed.
5. Serve curry over rice garnished with cilantro.

Nutrition Information *From USDA Nutrient Database

Calories: 496 Total Fat: 11.8g Saturated Fat: 7.9g Monounsaturated Fat: 1.3g Polyunsaturated Fat: 1.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84.1g Fiber: 11.7g Total Sugar: 4g Protein: 13.4g Sodium: 615.2mg Vitamin A: 131µg Vitamin C: 86.9mg Calcium: 105mg Iron: 4.82mg Folate: 154µg