



Chickpea & Cauliflower Curry

Yield: 4 Servings

Cost Per Serving: N/A

Cook Time: 45 minutes

Ingredients:

- 1 cup vegetable broth (no salt added)
- 1 red onion (chopped)
- 2 garlic cloves (chopped)
- 1 jalapeno pepper (seeded, minced & optional)
- 1 ½ Tbsp curry powder
- 1 head cauliflower (trimmed & cut into small florets)
- 1 (15oz) can green beans (drained and rinsed)
- 1 (14.5oz) can salt free diced tomatoes (undrained)
- 2 roasted red bell peppers (chopped)
- 1 cup almond milk
- 3 Tbsp nutritional yeast
- ½ tsp smoked paprika
- 1 (15oz) can chickpeas (drained and rinsed)
- Cooked brown rice to serve

Directions:

1. In a large pot, heat the broth to a boil over medium-high heat. Add the onion and garlic, cover and cook until tender, about 3 minutes. Stir in jalapeno (if using) and curry powder; then add cauliflower, green beans, tomatoes, and roasted red bell peppers. Cover and bring to a boil. Reduce the heat to low and simmer until vegetables are tender, about 20 minutes.
2. When the veggies are tender, use an immersion blender to break up some of the vegetables. Alternatively, remove up to 2 cups of solids and liquid from the pot, puree in a blender or food processor, and then return the mixture to the pot.
3. Stir in the almond milk, nutritional yeast, smoked paprika, and chickpeas and cook 5 to 10 minutes longer to heat through and blend the flavors.
4. Serve over a bed of cooked rice.