

WEDNESDAY, MARCH 25, 2009

## Cauliflower and Chickpea Curry



### **Cauliflower and Chickpea Curry**

(makes 4+ servings)

[Printable Recipe](#)

#### Ingredients:

- 1 tablespoon oil
- 1 onion (chopped)
- 2 tablespoons curry powder
- 1 tablespoon garlic (chopped)
- 1 tablespoon ginger (chopped)
- 1 (14 ounce) can diced tomatoes
- 1 tablespoon chili sauce (optional)
- 1 head cauliflower (cut into florets)
- 1 (19 ounce) can chickpeas (rinsed and drained)
- 1 cup water
- 1/2 pound green beans (trimmed and sliced into 1 inch long pieces)
- salt to taste
- 1/4 cup cilantro (chopped)

#### Directions

1. Heat the oil in a large pan.
2. Add the onion and curry powder and cook until the onion is tender, about 5-7 minutes.
3. Add the garlic and ginger and cook until fragrant, about a minute.
4. Add the tomatoes, chili sauce, cauliflower, chickpeas and water and bring to a boil.
5. Reduce the heat and simmer, covered, until the cauliflower is tender, about 10-15 minutes.
6. Add the green beans and cook until they are just tender and still crisp, about 3-5 minutes.
7. Serve on brown rice and garnish with cilantro.