

Chickpea & Cauliflower Curry

Makes 4 (2 cup) servings

Ingredients:

- 1 cup vegetable broth
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 jalapeno pepper, seeded and minced (optional)
- 1 ½ Tbsp curry powder
- 1 head cauliflower, trimmed and cut into small florets
- 8 ounces green beans, trimmed and cut into 1-inch pieces (or 1 can sodium free canned green beans, drained)
- 1 14.5ounce salt free diced tomatoes, undrained
- 2 roasted red bell peppers (or store bought) chopped
- 1 cup almond milk
- 3 Tbsp nutritional yeast
- ½ tsp smoked paprika
- 1 ½ cups cooked or 15.5ounce canned chickpeas, drained and rinsed
- Cooked brown rice to serve

Directions

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

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. 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. Serve over a bed of cooked rice.

From "The How Not to Die Cookbook" by Michael Greger, M.D., FACLM