

# South India-Style Veggie Curry

Preparation Time: 20 - 25 minutes • Cook Time: 40 - 45 minutes

Serves 6

## Spice Packet Contains:

Ground ginger, ground coriander, ground cumin, turmeric, salt, cayenne pepper, black pepper, cinnamon stick, almond meal  
*\*Extra packet of hot chili powder*

## You Will Need:

- 1 large onion, finely chopped
- 3 cloves garlic, crushed
- 2 tablespoons cooking oil of your choice
- 1 tablespoon tomato paste
- 2 cups chicken broth or vegetable broth
- 1 cup coconut milk
- 1 small cauliflower cut into florets (about 4 cups)
- 1 lb. sweet potatoes, peeled and cut into 1-inch pieces (about 3 cups)
- 1 can chopped tomatoes or 2 medium-sized fresh tomatoes, peeled, seeded and chopped
- 2 large carrots, peeled and sliced (about 1 cup)
- 1 can chickpeas, drained and rinsed
- 4 oz. fresh spinach (about 4 cups)
- 2 tablespoons lime juice
- 1 teaspoon grated lime zest
- Chopped fresh cilantro for garnish, if desired

## Method:

In a 5 - 6 quart pot or Dutch oven, cook the diced onions in the oil until translucent. Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet and the cinnamon stick. Cook for another few seconds, stirring constantly.

Add the tomato paste and stir into the onion/garlic/spice mixture. Add the broth and coconut milk and bring to a boil.

Reduce the heat to medium and simmer, covered for 10 minutes.

Add the cauliflower, sweet potatoes, tomatoes and carrots. Raise the heat and bring to a boil again. Then reduce the heat, cover and simmer for 20-25 minutes until the vegetables are tender. Discard the cinnamon stick.

Stir in the chickpeas, spinach, lime juice and lime zest. Cook until the spinach has wilted, for about 3 more minutes.  
*\*Taste and add extra chili powder, a little at a time, if you like it hotter.*

*\*Tip: Begin cooking the rice while the dish simmers.*

Serve over Basmati rice and garnish with chopped cilantro if desired. Enjoy!