



# Curried Cauliflower with Chickpeas and Tomatoes

## Ingredients

- **2 tbsp.** olive oil
- **1 medium** onion, finely chopped
- **2 tbsp.** curry powder
- **1 tbsp.** grated fresh or frozen ginger
- **1 small can** diced tomatoes (14 oz.) or **2-3** fresh tomatoes, peeled and diced
- **1 cup** water
- **1 head** of cauliflower, cut into florets
- **3 cups** (2 large cans) chickpeas, drained and rinsed
- **2 tbsp.** tomato paste
- salt
- Cilantro or parsley for garnish (optional)

## Directions

1. Heat oil in large, heavy-bottomed pot and add onion, ginger and curry powder.
2. Cook and stir until the onion is translucent.
3. Add tomatoes and cook for 5-6 minutes until the tomatoes are soft and beginning to break down.

4. Add remaining ingredients, a sprinkle of kosher salt and stir everything together.
5. Cover and simmer until cauliflower is tender-crisp.
6. Uncover and continue cooking until the sauce is thick and gravy-like. Adjust the salt to your taste.
7. Sprinkle with chopped herbs and enjoy.