

Simple Veggie Curry with Brown Rice

Makes 4-6 Servings

Ingredients:

1 Tbsp. vegetable oil
2 Cups quick cook brown rice
1 (15-ounce) can chickpeas, drained
2 lbs. sweet potato, cubed
1 (15-ounce) can tomatoes, diced
1/2 head cauliflower
1 medium onion, diced
1 tsp cayenne pepper
4 cloves garlic
2 tsp. cumin
4 teaspoons curry powder
2 tsp. dried ground ginger
14 oz coconut milk
Salt and black pepper to taste

Directions:

1. Cook rice by placing 2 cups of rice in a microwave safe bowl with 2 cups of water. Microwave for approximately 11 minutes or until rice is soft and fluffy.
2. Place potatoes into a large pot or Dutch oven and cover with well-salted water. Bring to a boil, then reduce heat to a simmer, cover and let the potatoes cook until fork tender—about 12 minutes. Once cooked, drain the potatoes and set them aside.
3. Return the pot to the stove and add 1 tablespoon of oil. Add onion, garlic and cauliflower and sauté over medium heat until onion is tender and starts to turn translucent, about 3-5 minutes.
4. Add cumin, cayenne, curry powder, salt, pepper and ginger. Stir to combine before adding tomatoes and chickpeas.
5. Increase heat to medium-high and stir in the coconut milk. Bring to a simmer before adding the potatoes back to the pot. Reduce heat to low and cook everything together for 3-5 minutes before serving.
6. Enjoy!

