

# Vegetable Masala

Serves 6-8



## Ingredients:

- 2 Tablespoons olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 Tablespoons fresh ginger, minced or grated
- 1 small jalapeño, minced (and seeded if less spice is desired)
- 1 small eggplant, cut into small (1/2 inch) cubes
- 1 small head cauliflower cut into small florets
- 1 - 28-ounce can diced tomatoes, undrained
- 1 -15.5-ounce can full fat, unsweetened coconut milk
- 1 -15.5-ounce can chickpeas, drained and rinsed
- 1 cup water or broth
- 6-ounce bag of fresh spinach
- 2 limes wedged, for garnish
- Cilantro leaves, chopped, for garnish
- Optional cooked rice, naan, or roasted potatoes for serving

For the spice mix:

- 1 teaspoon salt, plus more to taste
- 2 teaspoons garam masala
- 1 teaspoon paprika
- 1 teaspoon curry powder
- 1/2 teaspoon cayenne
- 1 teaspoon turmeric

## Instructions:

1. In a small bowl, mix together salt, garam masala, paprika, curry powder, cayenne, and turmeric.
2. Heat oil in a high-sided skillet over medium heat and add diced onions. Sauté, stirring occasionally to prevent sticking, until onions are translucent.
3. Add half of the spice mixture, ginger, garlic, and jalapeño to the pan. Sauté for 3 minutes, stirring occasionally.
4. Add the eggplant, cauliflower, remaining spice mixture, and canned diced tomatoes with their juices. Stir well and let simmer for 10 minutes.
5. Add coconut milk, chickpeas, and water or broth and let simmer for 20 minutes or until vegetables are tender.
6. Stir in spinach leaves and turn off the skillet, allowing the leaves to wilt from the residual heat.
7. Serve warm with your choice of rice, naan bread, or roasted potatoes. Garnish with chopped cilantro and fresh lime juice. Enjoy!