



VEGGIE MASALA

INGREDIENTS:

- 2 Tablespoons vegetable 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 1/2 inch cubes
- 1 small head cauliflower cut into small florets
- 1 – 28-ounce can whole, peeled tomatoes
- 1 – 15.5-ounce can 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

For the spice mix:

- 2 teaspoons salt
- 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 the oil in a high-sided skillet over medium heat and add diced onions. Sauté, stirring occasionally to prevent sticking, until onions are translucent.
3. While onions are cooking, pour canned tomatoes into a bowl and use your hands to tear or squeeze into small pieces. Be careful of flying tomato juice!
4. Add half of the spice mixture, ginger, garlic, and jalapeño to the pan. Sauté for 3 minutes, stirring occasionally.
5. Add the eggplant, cauliflower, remaining spice mixture, and hand-torn canned tomatoes with their juices. Stir well and let simmer for 10 minutes.
6. Add coconut milk, chickpeas, and water or broth and let simmer for 20 minutes or until vegetables are tender.
7. Stir in spinach leaves and turn off the skillet, allowing the leaves to wilt as the curry cools.
8. Serve warm topped with cilantro and lime juice. Enjoy!



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