

Vegetable Curry (double batch)

-Prepare:

2 cups chopped **Onion**

2 cups sliced **Carrots**

2 cups chopped **Potatoes** (bite sized)

2 cups chopped **Fresh Tomatoes** with juice (or one can petite diced tomatoes which is what I do)

4 cups **Broccoli** (cut bite sized... I use a one-pound frozen bag, dump it on a plate and microwave it for 2 minutes to get it just soft enough to chop)

-In a small cup, measure out most of the spices:

2 teas **Garam Masala**

2 teas **Ground Coriander**

1 teas **Salt**

1 teas **Turmeric**

1/2 teas **Ground Cardamom**

1/2 teas **Black Pepper**

1/2 teas **Basil**

-Drain and rinse two cans of **Chickpeas** (a whole mess of cooked lentils would probably be an amazing replacement)

-Open one can of **Coconut Milk** and set aside

-In a large pot on medium heat, warm:

2 Tablespoons **Canola** or Coconut Oil

1 teas **Mustard Seeds**

-Allow to heat until seeds start popping.

-Add in:

Chopped onion

2 teas **Ground Ginger**

1 teas Salt (this is in addition to the salt you put with the other spices)

-Sauté until onions begin to soften.

-Mix in the spices and stir until the raw smell has lessened (about 30 seconds).

-Add in tomatoes and stir it up for a minute.

-Mix in:

Coconut Milk

1 Tablespoon **Lime Juice**

Chickpeas

All of the chopped veggies

-Stir well and simmer on low heat 10 to 20 minutes or until the potatoes reach a nice consistency for you.

-Prepare one cup (dry) rice yielding about 3 cups.

-Either serve curry on top of small rice beds or dump rice into the curry and stir well.