

## Cauliflower Potato Curry Stew

**2** onions, chopped  
**6** cloves garlic, minced  
**3** tbsps curry mix  
**10** medium potatoes, peeled and chopped, large bite sized  
**28** oz canned tomatoes, (or 4 cups fresh chopped)  
**2** tbsps \*broth powder  
**3 ½ - 4** cups water  
**1 ½** cups frozen peas, don't thaw  
**3** cups cooked chickpeas  
**1** large head cauliflower, chopped  
**1** can coconut milk, I prefer full fat  
**2** limes, juiced  
**1** tsp salt, or to taste  
**½** cup cilantro, chopped

Pressure cooker directions - use 3.5 cups of water

1. On medium heat, in a large pot sauté onion and garlic in small amount of water. Add more water if necessary to prevent sticking.
2. When onions are soft add curry powder and coat onions. Cook for one minute or until spices become fragrant.
3. Add potatoes and stir well.
4. Add tomatoes, broth powder and water. Stir together.
5. Bring to lowest pressure setting and cook 3 minutes. Use quick release method.
6. Add peas, chickpeas, and cauliflower.
7. Bring to lowest pressure setting again and cook 1 minute. Use quick release method.
8. Add coconut milk, lime juice and salt to taste.
9. Mash a bit of the veggies against the side of the pot if you want to thicken the stew.
10. Stir in cilantro and serve.

Regular pot directions - use 4 cups of water

Steps 1-4 are same as above.

5. Bring to a boil and then simmer, cooking until potatoes are still crunchy in the middle but cooked on the outside edges.
6. Add frozen peas, chickpeas, and cauliflower.
7. Bring to boil and then simmer, cooking until cauliflower is tender to the fork but not complete mush. By this point the potatoes will be cooked to a good texture.
8. Add coconut milk, lime juice and salt to taste.
9. Mash a bit of the veggies against the side of the pot if you want to thicken the stew.
10. Stir in cilantro and serve.

*This recipe prepares enough for a hungry family of five (my gang) with leftovers. We don't usually eat this with grains because there is enough starch in potatoes and beans. Serve with rice if you wish.*

*This is my current favorite curry mix.*

*3 parts ground turmeric  
3 parts ground cumin*

*3 parts ground coriander  
1 part ground fennel  
1 part powdered ginger  
1/2 part ground black pepper  
1/4 part ground cardamon*

*Mix well together. Store in airtight container.*

*\*Broth Powder Recipe:*

*If your store bought broth powder has salt you can eliminate or reduce the salt in the recipe. This is the recipe I use to make my own.*

*1 part dehydrated vegetable flakes  
3 parts nutritional yeast  
1/2 part onion powder  
1/4 part garlic powder  
1/4 part italian seasoning  
1/2 part dried parsley*

*Put all ingredients in a blender and pulverize to a fine powder. Store in airtight container.*

Source: Renee Tougas @ FIMBY | (Servings: --)