



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit **Fresh Vegetable Curry**

This delectable vegan curry recipe uses cooked chickpeas for added protein. It can also be made with chunks of salmon, halibut, or chicken breast. Try adding any vegetable you have on hand. I often make this with diced sweet potatoes or squash in autumn. Chopped fresh spinach is another fantastic addition. Since spinach cooks so quickly you'll want to toss it in when you take the pan off the stove. Serve curry over cooked long grain brown rice or quinoa.

2-3 Tbsp virgin coconut oil	6 Roma tomatoes, diced
1 tsp black mustard seeds	1 cup water or coconut milk, increase as needed
2-3 tsp finely chopped fresh ginger	1 Tbsp arrowroot powder
3 carrots, sliced into rounds	½ pound green beans, trimmed and cut into pieces
2 tsp curry powder	¾ pound cauliflower, cut into florets
1 tsp ground cumin	½ pound mushrooms, cut in half
1 tsp ground coriander	3 cloves garlic, crushed
1 tsp ground turmeric	2 cups cooked chickpeas or 1 can
Dash cayenne pepper	Garnish: Chopped cilantro
1 ½ to 2 tsp Herbamare or sea salt	

Heat a deep 11-inch skillet over medium to medium-high heat for a few minutes. Add the coconut oil, mustard seeds, and ginger, sauté for about 30 seconds until seeds begin to pop. Add the potatoes and carrots, sauté for about 10-15 min on moderate heat so they don't brown too much. Add the spices and the Herbamare; stir well and sauté for about a minute more. Sauteing the spices in oil is the key to a good curry!

Add the diced tomatoes and sauté for about 2 minutes. Mix the cup of water with the arrowroot in a small bowl. Whisk it together. Add this mixture to the cooking veggies.

Then add the green beans, cauliflower, mushrooms, garlic, and chickpeas. Stir gently. Cover and cook for about 15 minutes, stirring occasionally, or until vegetables are fork-tender.

Garnish with chopped cilantro. Yield: 4

Recipe credit to/adapted from *Nourishing Meals*

Angela Burge
MEDICINE WOMAN

Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130



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