

Cauliflower Curry

Serves 6

Ingredients

- 1 medium yellow onion, diced
- 4 cups (1 pound) unpeeled sweet potato, chopped into bite-sized chunks
- 5 cups chopped cauliflower (1 medium head)
- 2 Tablespoons olive oil
- 1 teaspoon kosher salt, divided
- 2 Tablespoons curry paste
- 1 Tablespoon garam masala
- 1 teaspoon ground cumin
- 2 teaspoons ground turmeric
- 1 ½ teaspoons coriander
- 1 28-ounce can diced San Marzano tomatoes
- 1 15-ounce can full fat coconut milk
- 1 15-ounce can chickpeas, drained and rinsed
- 4 cups raw spinach
- A handful of arugula

For Serving: Cooked brown rice, naan, and cilantro (for garnish)

Directions

Heat olive oil in a large non-stick skillet over medium-high heat. Add onion and sauté for 2 minutes.

Add the sweet potato and sauté for an additional 3 minutes.

Add cauliflower and ½ teaspoon kosher salt and sauté for another 5 minutes.

Stir in curry paste, garam masala, cumin, turmeric, coriander. Add tomatoes and coconut milk. Bring to a boil, then cover, reduce heat to low, and simmer for about 10 minutes until the cauliflower and sweet potato are tender.

Drain and rinse chickpeas. When the vegetables are tender, add the chickpeas and spinach. Stir for 2 minutes until the spinach becomes wilted. Add arugula; stir until wilted.

Add another ½ teaspoon of kosher salt to taste. Add more salt if desired

Serve with brown rice and naan and garnish with chopped cilantro.

Hearty Plant-Based Chili

Serves 3-5

Ingredients

- 1 Tablespoon olive oil
- 3 teaspoons minced garlic
- 1 large red onion, chopped
- 1 large carrot, diced
- 1 large red bell pepper, diced
- 1 4-ounce can mild green chiles
- 1 large sweet potato cut into ½ inch cubes
- 2 ½ Tablespoons chili powder
- 1 Tablespoon cumin
- ¼ teaspoon paprika
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 1 28-ounce can crushed tomatoes
- ¾ cups water
- 1 15-ounce can black beans, drained
- 1 15-ounce can chickpeas, drained
- 2 cups squash and zucchini, diced
- 1 ½ cups frozen sweet corn

Garnishes (optional): Lime wedges, cheese, avocado, cilantro, sour cream or plain Greek yogurt

Stove Top Directions

Place oil in a large pot and over medium high heat. Add in garlic, onion, diced carrot, red bell pepper, cubed sweet potatoes and green chiles. Sauté for 5-7 minutes, stirring frequently.

Next add chili powder, cumin, paprika, oregano, salt, and black pepper. Stir for about 30 seconds.

Add crushed tomatoes, water, black beans, chickpeas, beans, and corn. Bring to a boil, then reduce heat and simmer for 30 minutes or until chili thickens.

Taste and adjust seasonings and salt as necessary. Add garnish as desired.

Slow Cooker Directions

Place all ingredients in pot, stir, cover, and cook on low for 7-8 hours or high for 5-6 hours.