

Curry Cauliflower Quinoa Stew

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 tbsp coconut oil
- 1 large onion, chopped
- 2-3 tbsp curry powder*
- 4 cups cauliflower, chopped into bite-size florets
- 1 (796mL) can whole or diced tomatoes, do not drain
- 2 cups water**
- 3/4 cup quinoa
- 1 can (400mL) garbanzo beans (chickpeas), drained
- 1-2 small tomatoes, roughly chopped
- 1 can (400mL) full fat canned coconut milk***
- 1/2 cup chopped fresh parsley
- Optional: 1 tsp dried chili flakes
- Sea salt and pepper to taste

Instructions:

1. Melt coconut oil in a large soup pot on medium and add onions. Sweat the onions and then add the curry powder, saute for 2 minutes.
2. Add the cauliflower, canned tomatoes, 2 cups of water and quinoa and bring to a soft boil then reduce to a simmer for 15 minutes until cauliflower starts to become tender and quinoa cooks.
3. Add sea salt and pepper to taste.
4. Add chickpeas and remove from heat. Let cool slightly before adding coconut milk to prevent it from curdling. Add chopped tomato (the heat of the stew will warm it). Add chopped parsley just before serving.
5. Serves 6 to 8.

Notes:

*Choose the best quality spices for plenty of flavour. I use certified organic curry powder by Simply Organic. **Once you put all the liquids in the pot (water and canned tomatoes) it will seem like a lot of liquid but it boils down and the quinoa soaks up a lot of water. The consistency should be that of a stew. If it's too thick, add 1 more cup water as needed ***I do recommend canned because you'll get all the creamy fat which is FULL of flavour and nutrition that you won't get in tetra-pack coconut milk