

Curried Split Pea Cauliflower Stew

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/split-pea-and-cauliflower-indian-recipe>

Ingredients:

- 2 cups split peas cooked, this is usually 1-1.5 cups dried. Although the original recipe calls for split peas, you can substitute brow...
- 1 head cauliflower chopped into bite-sized pieces, or can use 1-2 bags of pre-chopped, already-washed cauliflower to speed things up...
- 6 ounces baby spinach leaves
- 1 tablespoon avocado oil
- 1 teaspoon mustard seeds these are easy to find in an Asian or Indian store if not found in a local supermarket. In fact, all of the s...
- 1 teaspoon cumin seeds
- 1 yellow onion large, peeled and roughly chopped
- 2 medium carrots peeled and chopped
- 1 fresh ginger 1-2-inch knob, peeled and minced
- 6 cloves garlic peeled and minced
- 3 teaspoons curry powder good-quality, start with less and add more to desired taste
- 1 teaspoon ground turmeric
- 2 cups low sodium vegetable broth one 15-oz. can
- 15 ounces light coconut milk
- 2 teaspoons apple cider vinegar
- 1 teaspoon Garam Masala
- 1 1/2 teaspoons salt to taste
- chopped cilantro optional
- green onions optional

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 84 grams
3. Fat: 31 grams

4. Fiber: 34 grams
 5. Protein: 31 grams
 6. SaturatedFat: 23 grams
 7. Sodium: 1060 milligrams
 8. Sugar: 18 grams
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