

Quick Fall Vegetable Curry

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-and-cauliflower-curry-indian-recipe>

Ingredients:

- 2 tablespoons coconut oil
- 1 cup sweet potato peeled and cubed
- 1 cup cauliflower chopped
- 1/2 small yellow onion sliced
- 1 tablespoon curry powder Vindaloo
- 14 ounces unsweetened coconut milk
- 1 no salt added diced tomatoes 14 ounce, drained
- 14 ounces chickpeas drained and rinsed
- 1 teaspoon brown sugar
- salt
- pepper
- basmati rice
- cilantro

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 42 grams
3. Fat: 26 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 21 grams
7. Sodium: 430 milligrams
8. Sugar: 5 grams

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