

Vegetarian Tikka Masala

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-tikki-recipe-indian>

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion diced
- 1 large carrot chopped
- 2 tablespoons tomato paste
- 1 tablespoon ginger freshly grated
- 4 cloves garlic minced
- 2 teaspoons Garam Masala
- 2 teaspoons ground turmeric
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 3 cups cauliflower florets
- 1 1/4 cups vegetable broth
- 28 ounces diced tomatoes
- 15 ounces chickpeas rinsed and drained
- 1/2 cup coconut milk
- 1 tablespoon fresh lemon juice
- 1/4 cup cilantro leaves chopped fresh, optional
- basmati rice optional
- naan bread optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 67 grams
3. Fat: 16 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 7 grams

7. Sodium: 810 milligrams

8. Sugar: 13 grams

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