

Curried Cauliflower and Chickpea Stew

Bon Appétit | May 2009

by The Bon Appétit Test Kitchen

Serve over basmati rice.

Yield: Makes 4 servings

Active Time: 35 minutes

Total Time: 35 minutes

ingredients

2 tablespoons vegetable oil

2 1/2 cups chopped onions

5 teaspoons curry powder

6 cups small cauliflower florets (from 1 medium head)

2 15 1/2-ounce cans garbanzo beans (chickpeas), drained

2 10-ounce cans diced tomatoes with green chiles

1 14-ounce can unsweetened coconut milk*

1/2 cup chopped fresh cilantro

preparation

1/2 cup chopped fresh cilantro Heat oil in large skillet over high heat. Add onions and sauté until golden brown, about 8 minutes. Add curry powder and stir 20 seconds. Add cauliflower and garbanzo beans; stir 1 minute. Add diced tomatoes with chiles, then coconut milk; bring to boil. Reduce heat to medium-low, cover, and boil gently until cauliflower is tender and liquid thickens slightly, stirring occasionally, about 16 minutes. Season to taste with salt and pepper. Stir in cilantro; serve.

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