

Indian Spice Cauliflower

This dish, shared with us by Karen, is delicious and easy to make. Its warm spices make it memorable!

Ingredients:

- ¾ cup onion, diced
- 4 large cloves garlic, chopped
- 8 cups cauliflower, chopped (about 1 ½ -2 heads)
- 4 cups tomatoes, chopped
- 3 cups green beans, cut in half and with ends removed
- 2 tsp fresh ginger root, minced
- 4 Tbsp dried currants or raisins
- 1 ½ tsp cardamom
- 1 ½ tsp turmeric
- 1 ½ tsp curry powder
- ½ tsp salt, if desired
- Whole grain of your choice (optional)

Instructions:

1. Place a large pan on medium heat and sauté the onion and garlic in your choice of liquid until soft.
2. Add the spices, salt, and currants or raises and mix.
3. Add the cauliflower, chopped tomatoes, and ginger root. Simmer, covered, over low heat until cauliflower is tender, about 15 minutes.
4. Uncover, add the wine, and simmer until the cauliflower is tender, about another 10 minutes.
5. Eat as is or over a whole grain. Enjoy!

