

# Cauliflower, Kale and Chickpea Curry Pot



Prep Time: 5 Minutes

Cook: 15 minutes

## Ingredients

1 tbsp coconut oil

1 cooking onion, small dice

1 tbsp curry powder

1 bay leaf

2 cloves of garlic, minced

2 tsp minced fresh ginger (optional)

small jalapeño or cayenne pepper,  
seeded + minced

1 cup 1/2 inch diced waxy potatoes

3 cups small cauliflower florets

28 oz can crushed tomatoes

1-2 cups vegetable stock, depending

1 cup cooked chickpeas

1 bunch lacinato/Tuscan kale, stems  
removed and chopped

salt + pepper

chopped leafy herbs to finish

## Directions

- Heat the coconut oil in a heavy + large soup pot over medium heat.
- Add the onions and cook slowly, lowering heat if necessary.
- Cook until very soft, translucent and almost breaking down, about 6-7 minutes.
- Add the curry powder and bay leaf and cook, stirring often, for 3 more minutes.
- Add the garlic, ginger (if using), and jalapeño to the pot.
- Stir and cook until fragrant, constantly stirring to avoid burning the garlic.
- Add the potatoes and cauliflower to the pot and stir.
- Season with lots of salt and pepper.
- Add the crushed tomatoes to the pot and stir once more.
- Add 1 cup of vegetable stock
- Stir the pot, place a lid on top, and bring to a boil.
- Lower the heat on the stove to a simmer and remove the lid.
- Cook until the potatoes are just-tender, about 40 minutes.
- Add the chickpeas and diced kale,, and simmer for 5 more minutes or until greens have wilted.

