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# Vegetarian South Indian Curry

Total time: 50 min Yield: 6 servings

## Ingredients

4 tsp canola oil (divided)  
1 large white onion (diced)  
3 clove garlic (minced or 2 tsp. granulated garlic)  
3 Tbsp curry powder  
1 Tbsp cumin  
2 tsp turmeric  
1 1/2 tsp ground cinnamon  
27 oz unsweetened coconut milk (canned)  
1 large yam (peeled, 1" diced)  
2 large carrots (peeled, sliced thick diagonally)  
16 oz chickpeas (garbanzo beans, drained)  
1 1/2 cup shelled edamame  
1/2 large head cauliflower (cut into 1" pieces)  
1 tsp Garam Masala (optional)

Prep Time: 25 min Cooking Time: 25 min Total Time: 50 min

## Instructions

In a large pot or Dutch oven, heat 1 tbsp. oil over medium heat; add the onion and sauté until translucent.

Add the garlic and continue to sauté for an additional minute. Add 1 tsp. oil, curry powder, cumin, turmeric and cinnamon and continue to sauté for a minute or two, to help release the flavors of the aromatic spices.

Add the coconut milk and bring the mixture to a simmer. Add the yam, carrots and chickpeas and cook until the yam and carrot can be pierced with a fork. Add the edamame, cauliflower and Garam Masala, if using. Cook about 20 to 25 minutes until cauliflower is fork-tender.

Serve in bowls over rice or hearty grains like quinoa or pearl barley. The richness of this dish will be nicely balanced with a crisp Sauvignon Blanc.

## Recipe brought to you by:

Chef Michi Holland