

Chickpea and Cauliflower Stew

This is a quick and easy cauliflower stew with just enough heat to tingle the taste buds. Serve over brown rice.

Recipe by [Kate Hunter](#) | Created on **Mar 10, 2022**

Ingredients

- 1 tablespoon vegetable oil, or to taste
- ½ onion, chopped
- 1 teaspoon minced ginger root
- 1 jalapeno pepper, minced
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- ½ teaspoon garam masala
- 1 (14.5 ounce) can low-sodium vegetable broth
- 2 cups cauliflower florets
- 1 (14 ounce) can chickpeas, drained and rinsed

Directions

- Heat oil in a saucepan over medium heat. Add onion, ginger, and jalapeno pepper; cook until onion is translucent, about 5 minutes. Add tomatoes, coriander, turmeric, curry, and garam masala. Cook until fragrant, about 3 minutes. Pour in broth and stir thoroughly. Add cauliflower and chickpeas.
- Bring stew to a boil. Cook until cauliflower is tender, about 10 minutes.

Nutrition Facts

Serving: **4 servings** | Calories: **209.7 kcal** | Carbohydrates: **34.6 g** | Protein: **7.3 g** | Saturated fat: **0.7 g** | Sodium: **563.7 mg** | Fiber: **7.7 g** | Sugar: **5.5 g**

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