

Vegetable Curry

Serves 4 to 6

Ingredients:

1 sweet potato, peeled and cubed
1 medium eggplant, cubed
1 green bell pepper, chopped
1 red bell pepper, chopped
2 carrots, chopped
1 onion, chopped
5 Tbsp. olive oil, cold pressed
3 cloves garlic, minced
1 ½ tsp. ground turmeric
1 Tbsp. and 1 tsp. curry powder
1 ½ tsp. ground cinnamon
1 ½ tsp. salt
¾ tsp. cayenne pepper
1 (15 oz.) can garbanzo beans
¼ cup sliced or chopped almonds
2 Tbsp. raisins
1 zucchini, sliced
1 cup orange juice
10 ounces of spinach

Directions:

1. In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion and 2 Tbsp. olive oil. Sauté for 5 minutes over medium heat.
2. In a small saucepan place 3 Tbsp. of olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and sauté over medium heat for 3 minutes.
4. Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes covered.
5. Add spinach to pot and heat for 5 more minutes. Serve with brown rice.