

# Cauliflower and chickpea curry (creamless masala)



The longer you can simmer the sauce on low, the more flavorful the overall taste.

I love cauliflower. Seriously. I can eat it any way. It is one of my favorite raw vegetables and, when cooked, it soaks up flavors so well. And have you read its health benefits? Here's the [top online search result](#):

- Helps Reduce Cancer Risk
- Fights Inflammation
- Decreases Risk for Heart Disease and Brain Disorders
- Provides High Levels of Vitamins and Minerals (Especially Vitamins C and K)
- Improves Digestion and Detoxification
- Aids in Weight Loss
- Helps Balance Hormones
- Preserves Eye Health

And chickpeas? They are also another huge favorite of mine. Also when served any way. We'll let Dr. Axe tell us again the amazing [health benefits of chickpeas](#):

- Helps Control Blood Sugar Levels
- Increases Satiety and Helps with Weight Loss
- Improves Digestion Thanks to a High Fiber Content
- Helps Protect Against Heart Disease and Cancer
- Provides Essential Vitamins and Minerals
- High Source of Protein

I of course prefer to soak my own dried chickpeas in advance, but I rarely plan that far in advance, so I usually have canned chickpeas in the pantry. Side note: I do like getting

canned chickpeas so that I can make vegan marshmallow fluff! (If you don't know about aquafava, you have to try it out!)

I almost always use fresh tomatoes, but sometimes they aren't as juicy as I'd like, so I end up adding some water, or vegetable stock if I have it in the fridge. The usual amount of liquid in canned tomatoes is about how much you want to have while simmering.

1. Sauté onions and garlic in oil. Mix in seasonings (as desired) and allow them become fragrant, then add chopped tomatoes. Allow to simmer on low for 6-7 minutes. Seasoning may include  $\frac{1}{4}$  to 1 teaspoon of the following: turmeric, paprika, ginger, cayenne pepper, cinnamon, curry, salt.
2. Add chickpeas and vegetables and put lid on pan, and keep on low simmer until the cauliflower starts to soften. (If you want to use heavy cream, this is the time to put it in. Some people like to pour in a spoon of sugar as well. Mix well and simmer until sauce is thickened.)
3. Boil rice noodles, or rice, or heat up some naan, plate well and enjoy!