

Idiot's Kitchen Shopping List – Vegetable Curry

Recipe from www.idiotskitchen.com



1-2 Tablespoons olive oil

1 large onion

1 red bell pepper

3-4 carrots

3-4 potatoes, Yukon gold preferred

5 cloves garlic

1 head cauliflower

1 inch piece fresh ginger

1 (14 ounce) can diced tomatoes

1 (14 ounce) can garbanzo beans/chick peas

1 (14 ounce) can vegetable broth

Water (not pictured)

1 Tablespoon curry powder

1 large pinch red pepper flakes

Salt & Pepper

1 cup frozen peas

1 small carton plain Greek yogurt or 1 can coconut milk (optional)

Limes for garnish and squeezing

Cilantro & Brown Rice for serving