

Cauliflower Stew

This is a hearty and very tasty main dish.

Ingredients:

- 2T Avocado Oil
- 1t Cumin Seeds
- 1 med Organic Onion, finely chopped
- 2 cans Organic Diced, Fire-Roasted Tomatoes
- 1 Head Organic Cauliflower
- 1 Jalapeno – de-stemmed/seeded/chopped
- 1T Ginger Paste
- 1T+ Cumin Powder
- 1T+ Coriander Powder
- 1-2 cans full-fat, unsweetened organic Coconut Milk*
- 1t Sea Salt
- 2 T+ Organic Chopped Cilantro

Instructions:

1. Heat Oil, add Cumin Seeds & stir occasionally, until they sputter.
2. Add Onions & cook about 1 minute
3. Add tomatoes and cook till heated
4. Add all remaining ingredients
5. Cover and simmer 15 minutes, stirring every 5 minutes

Notes:

- Amount of Coconut Milk is variable based on how thick you want to make it. It is also possible to use one can and add some water to attain desired thickness.