Curried Vegetables with Garbanzo Beans, Toasted Almonds, and Raisins

Serves 5. Total time 40 minutes.

Curried Vegetables with Garbanzo Beans, Toasted Almonds, and Raisins
For variation, substitute chopped cooked chicken or cubes of extra firm tofu for the beans.

2-½ cups water
1 cup uncooked long grain brown rice
½ head cauliflower (3 cups florets)
2 carrots, peeled
1-½ T. curry powder
1 tsp. chili powder
½ tsp. salt
1/8 tsp. crushed red pepper, optional
1 T. olive oil
1 small onion, chopped
1 clove garlic, minced
1 (10 oz.) pkg. frozen peas, thawed
¼ cup slivered almonds, toasted
2 cups cooked garbanzo beans

Directions:
1. In a medium saucepan, bring 2-½ cups water to boil over high heat. Add rice, lower heat to medium, cover, and simmer 30-40 minutes until rice is firm but tender.
2. Bring another large pot of water to boil. Chop cauliflower and carrots into ¼ inch pieces. Add to boiling water and cook 4 minutes. Drain and rinse vegetables with cold water to stop the cooking process.
3. In a small bowl, combine curry powder, chili powder, salt, crushed red pepper, and 2 tablespoons water. Warm olive oil in the large pot over medium-high heat; add onion and sauté 5 minutes. Add garlic and curry mixture; cook 1 minute while stirring. Add cauliflower, carrots, peas, rice, raisins, almonds and garbanzo beans. Cook 2-3 minutes to heat through.

Yields about 5 (2 cup) servings.

Nutrition information (per 1/5 recipe): 413 calories, 15 g protein, 9 g fat, 1 g saturated fat, 71 g carbohydrate, 12 g fiber, 0 mg cholesterol, 246 mg sodium
1 serving equals: 1 whole grain, 1 protein/ dairy, 4 vegetable/fruit, 1 fat

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Shopping List

Produce Section

☐ ½ head cauliflower or
   3 cups of fresh cauliflower florets
☐ 2 carrots, peeled and chopped
☐ 1 small onion, chopped
☐ 1 clove garlic, chopped

Dry Goods Section

☐ 1 cup long grain brown rice
☐ 1 pkg. dried garbanzo beans (prepared ahead) or
   1 (15 oz.) can garbanzo beans (see tip #1)
☐ ½ cup golden or dark raisins
☐ ¼ cup slivered almonds
☐ 1 T. olive oil
☐ 1- ½ T. curry powder
☐ 1 tsp. chili powder
☐ 1/8 tsp. crushed red pepper, optional

Freezer Section

☐ 10 oz. package of frozen peas

Smart Shopper Tip #1:
Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.