

Curried Cauliflower And Carrots With Beans

Submitted by: Prevention

Cauliflower and carrots are steamed and served in a light curry sauce with beans. A garnish of cilantro or parsley adds a colorful punch.

Original recipe yield: 6.

Servings:

6 ([Change](#))

INGREDIENTS:

- 1 large head cauliflower, broken into florets
 - 2 large carrots, chopped
 - 2 tablespoons expeller or virgin coconut oil
 - 1 medium onion, chopped
 - 2 cloves garlic, minced
 - 1 tablespoon unbleached all-purpose flour
 - 2 teaspoons curry powder
 - 1 cup chicken or vegetable broth
 - 2 tablespoons dry white wine
 - 1 (15.5 ounce) can black beans or chickpeas
 - 1/2 cup chopped fresh cilantro or parsley
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DIRECTIONS:

1. Place a steamer basket in a large saucepan with 1/2 inch of water. Place the cauliflower and carrots in the steamer. Bring to a boil over high heat. Reduce the heat to medium, cover, and cook for 10 minutes, or until tender. Place in a bowl and keep warm. Rinse and dry the saucepan.
2. Heat the oil in the same saucepan over medium heat. Add the onion, ginger, and garlic and cook, stirring frequently, for 3 minutes, or until soft.
3. In a cup, combine the flour and curry powder. Add to the saucepan and cook, stirring, for 1 minute.
4. Gradually stir in the broth and wine and bring to a boil. Reduce the heat to low and simmer, stirring frequently, for 5 minutes, or until the sauce is lightly thickened.
5. Add the beans or chickpeas and cook, stirring, for 3 minutes, or until heated through. Add to the vegetables in the bowl and toss gently just until combined.
6. Sprinkle with the cilantro or parsley.