

# BUTTERNUT SQUASH & CAULIFLOWER CURRY

## Ingredients

¼ c. olive oil  
1 large onion, diced  
2 Tbsp minced garlic  
2 Tbsp minced ginger  
1 tsp cumin  
1 tsp dried coriander  
1 tsp turmeric  
½ tsp cayenne pepper  
5 cloves  
2 cinnamon sticks  
1 medium cauliflower, cut into florets  
6 c. diced butternut squash  
1-28 oz can chickpeas, drained  
4 Tbsp vegetable soup mix dissolved in 4 c.  
boiling water  
1 c. chopped cilantro

## Method

- Sauté onion, garlic, ginger & spices in olive oil until garlic begins to soften
- Add remaining ingredients, except for cilantro
- Bring to boil over medium-high heat.
- Reduce to medium heat. Cover & simmer for about 45 minutes until vegetables are fork tender
- Stir in cilantro at the last moment

Delicious served over whole wheat couscous!