

**GARAM MASALA VEGETABLE STEW**

This is a wonderful warming stew loaded with flavor. Just the thing for a cold day. It’s great over rice.

**Ingredients:**

* 1 medium onion, diced
* 3 garlic cloves, chopped finely
* 2 cups sliced carrots
* 2 cups filtered water
* 1 medium cauliflower, cut into bite-sized florets
* 2 medium potatoes, diced
* 1 large red pepper, diced
* 2 small red, hot chilies, diced small (seeds in for extra heat)
* 1 small can diced tomatoes, salt free or low sodium
* 2 tsp. grated fresh ginger, or chopped finely, or 1 tsp. dried ginger
* 1 Tbs. garam masala
* 1 knuckle turmeric, diced small, or 1 tsp. dried turmeric
* 1 cup frozen peas, thawed
* ¼ cup fresh cilantro, chopped
* Pepper to taste

**Method:**

1. Heat a little water in a soup pot on 4.
2. Sauté onion, garlic, carrots for 10 minutes.
3. Add water, cauliflower, potatoes, bell pepper, tomatoes, ginger, chilies, turmeric, and garam masala.
4. Cover and simmer for 20 minutes.
5. Add peas and cilantro.
6. Add pepper (8 turns of a peppermill to compliment the turmeric for absorption)
7. Simmer uncovered for 10 minutes.
8. Take the stew off the heat for 1 hour to let flavors develop and then reheat.
9. Serve over rice or other grains.
10. Or let cool completely and freeze in glass storage containers.