



URBAN MINISTRY INC.

Cauliflower Coconut Stew

SERVES 4 PEOPLE PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES

YUM! Serve over Basmati Rice for an exceptional dining experience.

INGREDIENTS

- 2 tbsp coconut oil
- 1 tsp cumin seeds
- 1 medium yellow onion
- 3 ripe tomatoes
- 1 medium head of cauliflower, cut into bite size florets
- 1 jalepeño, stemmed, seeded, chopped
- 1 finger fresh ginger root
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 can full-fat unsweetened coconut milk
- 1 tbsp sea salt
- 4 sprigs fresh cilantro

Directions

- 1 In a medium stock pot, heat the coconut oil for 30 seconds.
- 2 Add cumin seeds and stir until they start to sputter.
- 3 Add onions, stir and cook for another minute.
- 4 Add tomatoes, stir and cook a few minutes until tomatoes soften.
- 5 Add the remainder of the ingredients, stir and cover the pan to simmer for about 15 minutes, stirring every 5 minutes to keep from burning.
- 6 Ladle into your favorite serving bowls and enjoy!



We cover what matters.