Fall Vegetable Curry

Adapted from MyRecipes.com
Makes 4 servings.

INGREDIENTS
- 1 ½ teaspoons olive oil
- 1 cup small cauliflower florets
- ¼ cup thinly sliced yellow onion
- 2 teaspoons masala curry powder
- ½ cup vegetable broth
- 1 - 15oz. can chickpeas (garbanzo beans), drained
- 1 - 14.5 oz. diced tomatoes
- 2 tablespoons fresh cilantro
- ½ cup plain, reduced-fat Greek yogurt

MATERIALS NEEDED
- Cutting board
- Knife
- Can opener
- 1 pan
- Cooking spoon
- Measuring spoons
- Measuring cups

COOKING INSTRUCTIONS
- Heat olive oil in large pan over medium-high heat.
- Add cauliflower, onion, and curry powder to pan and cook for 2 minutes stirring constantly.
- Add broth, chickpeas, tomatoes, and salt.
- Bring to a boil.
- Once it has boiled, cover and reduce heat to medium-low. Simmer for 10 minutes, stirring occasionally.
- Serve with a dollop of yogurt and a sprinkle of cilantro.