



Makes 11 cups
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

1 tablespoon ground cumin
1 teaspoon sea salt
½ teaspoon ground ginger
½ teaspoon turmeric
⅛ to ¼ teaspoon cayenne pepper
⅛ teaspoon ground cinnamon
1 cup brown rice
1 lb. Yukon gold potatoes, cut into ¾-inch pieces
4 cups small cauliflower florets
½ cup thinly sliced carrot
1 15-oz. can no-salt-added chickpeas, rinsed and drained
1 15-oz. can no-salt-added tomato sauce
1 14.5-oz. can no-salt-added fire-roasted diced tomatoes, undrained
½ cup frozen peas
¼ cup chopped fresh cilantro (optional)

Indian-Spiced Cauliflower and Potato Casserole

In this nourishing vegan casserole, potatoes, cauliflower, and a medley of other veggies are baked to tender perfection, soaking up deliciously spiced sauce in the process. Make this Indian-inspired dish as hot or mild as you like: You control the amount of cayenne in its homemade spice mix.

By Carla Christian, RD, LD

- 1** In a small bowl stir together cumin, salt, ginger, turmeric, pepper, and cinnamon. Set aside.
- 2** Preheat oven to 375°F. In a 6-qt. Dutch oven bring 10 cups of water to boiling. Stir in rice. Return to boiling; reduce heat. Simmer 15 minutes. Stir in potatoes; simmer 10 minutes. Stir in cauliflower and carrot; simmer 2 minutes more. (Vegetables will still be crisp.) Drain and return to Dutch oven.
- 3** Stir in the next four ingredients (through peas). Stir in spice mix. Spread into a 3-qt. rectangular baking dish. Bake, covered, 25 to 30 minutes or until heated through and vegetables are tender.
- 4** Let stand 10 minutes before serving. If desired, top with cilantro.