



Vegan Tikka Masala

Makes 6-8 Servings

- 1 Large Chopped Onion
- 4 Cloves of Garlic
- 1 Tbsp Grated Ginger
- 2-3 Tbsp Olive Oil
- 2 Tbsp Tikka Masala
- 1 Head Cauliflower, Bite Size Pieces
- 4 Large Carrots, Bite Size Pieces
- 1 15oz Can of Tomato Sauce
- 1 15oz can Diced Tomatoes
- 1 Bag Frozen Peas
- 1 Can Garbanzo Beans

Cooked Rice of Your Choice
Cilantro to Finish

Preparation:

Preheat a large skillet with olive oil. Add onions and sauté for a few minutes until the onions are translucent. Add the Tikka Masala and cook gently for about 8-10 minutes.

Add the tomato sauce and the tomato paste, garlic and ginger. Add cauliflower and carrot simmer for 20 minutes till veggies are soft.

Next add the peas and garbanzo beans, stir to combine for about 7-10 minutes.

Serve over rice and garnish with cilantro! Add naan too, mmmmm.
Soo good!!!

I hope you enjoy!