

Bombay Curry (vegan)

Ingredients:

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| 1 tablespoon | canola oil |
| 1 medium | onion, diced |
| 1 tablespoon | mustard seed |
| 1 clove | garlic, minced |
| 1 tablespoon | curry powder |
| 1 teaspoon | ground cumin |
| 1 teaspoon | honey |
| ½ teaspoon | turmeric |
| 2 teaspoon | salt |
| 1 teaspoon | garlic salt |
| 1 teaspoon | red pepper flakes |
| 1/8 teaspoon | cayenne |
| 1 cup | water |
| 8 cups | baby spinach |
| 3 cups | cauliflower florets |
| 2 cups | fresh brussel sprouts, halved |
| 1 cup | potatoes, diced |
| 3½ cups | canned diced tomatoes |



Directions:

In a large stock pot over medium-high heat, sauté onion in oil until translucent, then add mustard seed, garlic, curry powder, cumin, coriander seed, turmeric, salt, garlic salt, red pepper flakes, and cayenne pepper. Stir and let the spices become fragrant for 1–2 minutes before adding all remaining ingredients. Bring to a boil then turn heat down to maintain a slow simmer. Cook for approximately 30 minutes. Serve hot!