

3 TBSP oil
1 red onion, chop
2 clove garlic
 $\frac{1}{2}$ cup tomato puree
3 $\frac{1}{2}$ tsp garam masala
1 $\frac{1}{2}$ cup baby carrots, chop
1 zucchini, chop
14 oz chickpea, rinse
S & P
Cilantro
Cauliflower, cut

In Big Pot

Heat oil. Add onion, garlic
Add tomato, G.M., mix 2 min
Add Cauliflower, carrots
Add H2O to cover half way
Boil, then reduce to med/low **5m**
Add tomato, zucchini, chickpea
Cook covered, **10 min**
Add S&P, Cilantro