

# Vegan Vegetable Masala



Customize this Indian-inspired vegan vegetable masala recipe by using any of your favorite vegetables, and throwing in a protein like seitan, tofu, or tempeh. Serve piping hot over a bed of rice or quinoa.

By cheecs

**Prep:** 20 mins

**Cook:** 35 mins

**Total:** 55 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

- 1 teaspoon canola oil
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno, chopped
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon salt
- 1 (15 ounce) can tomato sauce
- 1 cup coconut milk, or more to taste
- 1 tablespoon pure maple syrup
- 2 carrots, chopped
- 1 medium potato, peeled and chopped
- 1 red bell pepper, chopped
- 1 cup cauliflower florets, broken into bite size pieces

## Directions

### Step 1

Heat oil in a large saute pan over medium heat. Add onion, garlic, and jalapeno peppers and cook until onion is soft and translucent, about 5 minutes. Stir in coriander, garam masala, cumin, paprika, and salt; saute until fragrant, about 1 minute. Pour tomato sauce into the pan and simmer until thickened, about 15 minutes.

### Step 2

Add coconut milk and maple syrup and heat until warm. Taste sauce, adding more coconut milk or spices needed.

### Step 3

Add carrots, potato, bell pepper, and cauliflower florets to sauce; toss well to coat. Cover, and simmer until vegetables are crisp, but fork-tender, about 10 minutes. Serve hot.

## Cook's Notes:

The more coconut milk you add, the creamier and less spicy the final result will be. I like adding up to a whole can, depending on how spicy the jalapeno has made the sauce!

## Tips

You can use any vegetables you like, just aim for about 1 pound total of assorted chopped vegetables.

## Nutrition Facts

**Per Serving:** 251 calories; protein 5.4g; carbohydrates 30.6g; fat 14g; sodium 888.8mg.