



# SPICED CAULIFLOWER & POTATOES

**Prep time:** 15 minutes

**Cook time:** 3 to 4 hours on low, 2 hours on high

**Serves** 6

The flavors of all the spices make *Aloo Gobi* an exciting dish. The cauliflower and potatoes are substantial enough to stand on their own, but it's so good to have this dish with a side of rice or naan. If you're not into spicy food, you can eliminate the green chiles and cayenne pepper.

3 tablespoons vegetable oil, divided  
 1 head cauliflower, cored and cut into small florets  
 3 medium Yukon gold potatoes, cut into 1½-inch cubes  
 1 onion, finely diced  
 3 teaspoons peeled, grated fresh ginger  
 3 garlic cloves, finely minced  
 2 tomatoes, diced  
 2 green chiles, diced (seed them first for less heat)  
 2 teaspoons cumin seeds  
 1 teaspoon ground cayenne pepper  
 1 teaspoon ground turmeric  
 2 teaspoons salt, plus more if needed  
 2 teaspoons garam masala  
 ¼ cup water  
 ¼ cup chopped fresh cilantro

1. Coat the bottom and sides of the slow cooker with 1 tablespoon of oil.
2. Add the cauliflower, potatoes, and onion.
3. In a bowl, mix the remaining 2 tablespoons of oil, ginger, garlic, tomatoes, chiles, cumin, cayenne, turmeric, salt, and garam masala. Coat the potatoes and cauliflower evenly with the mixture, then add the water.
4. Cover and cook on low for 3 to 4 hours, or on high for 2 hours.
5. Season with additional salt and garnish with cilantro. Serve with a side of rice.

**OPTION TIP:** To add a bit more flavor, first sauté the onion, ginger, garlic, and cumin seeds in a pan with the vegetable oil. In a bowl, mix with the tomatoes, chiles, cayenne, turmeric, salt, and garam masala. Spray the slow cooker lightly with cooking spray instead of coating with oil. Add the cauliflower and potatoes, then coat them evenly with the tomato mixture and proceed with the recipe.

**TIME-SAVING TIP:** You can use canned diced tomatoes. Just substitute 2 (8-ounce) cans diced tomatoes for the fresh tomatoes and water.

**Per Serving:** Calories: 174; Total fat: 7g; Protein: 4g; Carbs: 25g; Fiber: 6g; Sugar: 5g; Sodium: 814mg