

Go For Green® Color and Sodium Level: **Green and Low**
Chickpea Cauliflower Curry (vegan)

Yield 100 Portions
Each Portion ¾ cup (6-1/2 oz)

Temp 350°F (177°C)
Time 20 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber
230	33g	10g	7g	7g	.5g	420mg	70mg	9g

Ingredients

FROZEN CURRY SAUCE (THAW BEFORE USING)
 CANOLA OIL
 CHICKPEAS, CANNED, DRAINED, RINSED
 CAULIFLOWER, FLORETS, FROZEN
 PEPPER, BELL RED DICED ¼-INCH
 CILANTRO FRESH, MINCED

Weight

8 lb.
 8 oz.
 30 lb.
 2 lb.
 1 lb.
 1.5 oz.

Measure

12 cups
 1 cup
 5.5 gal.
 1.5 qt.
 .5 qt.
 1 cup

Approx. Issue

5-No.10 Can
 1.5 lb.
 1.75 oz.

Methods

1. Prepare all fruits and vegetables by guideline card A-G 31. Dice bell peppers to a ¼”dice.
2. Preheat tilt skillet to 350 F (177C). Heat canola oil. Add bell pepper, drained canned chickpeas, and cauliflower. Sauté for about 5 mins
3. Add thawed Curry Sauce. Mix well
4. Reduce tilt skillet to 300°F (149°C); simmer 15 mins minutes, stirring occasionally, or until vegetables are cooked and sauce has thickened.
5. Add cilantro; stir to combine. CCP: Internal temperature must reach 165°F (74°C).
6. Serve at once or CP: Hold for hot service at 135°F (57°F).

Notes

1. Monsoon Kitchens Curry Sauce was used to produce this dish and for the nutritional analysis. Manufacturer recommends thawing under refrigeration overnight or cold running water before using.
2. If Garbanzo beans are not available may substitute with Northern beans.
3. To serve scoop ¾ cup portion and place on 1 cup cooked rice. To serve as an entrée, serve 1 ¼ cups curry over 1 cup brown rice to make a 2 ¼ cup total portion.
4. Serving suggestions: Serve with Brown Rice, recipe No: E-005-55
5. *Sugars is the total grams of sugar in the recipe, naturally occurring.

