

Chickpea Cauliflower Curry

Q-340-00
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions
Each Portion: ¾ cup (6-½ oz)
Temperature: 350°F (177°C)
Time: 30 - 40 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	1-¾ cup	13 oz	
ONION, YELLOW, DICED ¼-INCH	1½ gal + 2 cup	7 lb 3 oz	8 lb
SALT	⅓ cup	3-½ oz	
GARLIC, PREMINCED IN WATER	1 cup	6 oz	
CURRY POWDER	1-¼ cup	5 oz	
PEPPER, WHITE, GROUND	¼ cup	1 oz	
PAPRIKA, SMOKED, GROUND	¼ cup	0.90 oz	
GINGER, GROUND	¼ cup	0.84 oz	
CUMIN, GROUND	¼ cup	0.80 oz	
THYME, DRIED	2 tbsp + 1 tsp	0.32 oz	
PEPPER, CAYENNE	2 tsp	0.15 oz	
ALLSPICE, GROUND	¾ tsp	0.06 oz	
WATER, WARM	1-½ gal	12 lb 8 oz	
BASE, VEGETABLE, LOW SODIUM, MSG-FREE	½ cup	5 oz	
CHICKPEAS, CANNED, DRAINED, RINSED	2-¼ gal	13 lb 1 oz	3 - No.10 Can
TOMATOES, CANNED, CRUSHED	1 gal	8 lb 12 oz	1-¾ No.10 Can
CAULIFLOWER, FLORETS, FROZEN	3 qt + 1 cup	4 lb	
PEPPER, BELL, RED, DICED ¼-INCH	3 qt	3 lb 12 oz	4 lb 10 oz
PARSLEY, FRESH, MINCED	1 cup	1-½ oz	1-¾ oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onion and dice bell peppers to a ¼" dice.
2. Preheat tilt skillet to 350°F (177°C). Add canola oil to tilt skillet.
3. Add onions and salt; cook for 8 to 10 minutes, stirring occasionally, or until translucent and slightly browned.

4. Add garlic, curry powder, white pepper, paprika, ginger, cumin, thyme, cayenne, and allspice; cook for 2 to 3 minutes or until spices are fragrant.
5. Combine warm water and vegetable base; whisk until fully incorporated.
6. Add reconstituted vegetable broth, chickpeas, crushed tomatoes, cauliflower, and bell peppers. Bring to a simmer.
7. Reduce tilt skillet to 300°F (149°C); simmer 20 to 25 minutes, stirring occasionally, or until vegetables are cooked and sauce has thickened.
8. Add parsley; stir to combine. CCP: Internal temperature must reach 135°F (57°C).
9. Serve immediately or CP: Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. To serve as Vegetarian Entrée, use 2-¼ cup portion size to satisfy 18 g protein requirement.
3. Serving suggestions: Serve with Brown Rice, Recipe No. E-005-55.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	169
Carbohydrates	23 g
Sugars*	7 g
Protein	6 g
Fat	6 g
Saturated Fat	0.5 g
Sodium	631 mg
Calcium	66 mg
Fiber	6.7 g

