**Cauliflower/Potato Curry**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 cucumber

fresh cilantro leaves (if needed)

celery (if needed)

1 cauliflower

6 baby red potatoes

**Canned/Dried Foods**brown rice *(if needed)*  
  
low sodium veggie broth(if needed)

one 15 oz. can garbanzo beans

low-sodium soy sauce or tamari (if needed)

honey (if needed)

rice wine vinegar (if needed)

cornstarch(if needed)  
  
whole coriander seeds (if needed)  
whole cumin seeds (if needed)  
whole black pepper corns (if needed)  
whole fennel seeds (if needed)  
whole cloves (if needed)  
whole cinnamon stick (if needed) red pepper flakes (if needed)  
ground turmeric (if needed)  
ground ginger (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**  
plain nonfat yogurt(if needed)

almond milk (if needed)