

Curry Califlower Ingredient List

| ✓ | Amount | Grocery Item |
|--------------------------|--------|---|
| <input type="checkbox"/> | 1 | Diced tomatos (canned) |
| <input type="checkbox"/> | 1 | Califlower |
| <input type="checkbox"/> | 1-2 | Carrots |
| <input type="checkbox"/> | 1 | Curry Powder |
| <input type="checkbox"/> | 2 | Garlic Cloves |
| <input type="checkbox"/> | 1 | Cilantro |
| <input type="checkbox"/> | 1 | Optional: Coconut milk |
| <input type="checkbox"/> | 1 | Optional vegetables: Potato, bell peppers, jalapeno, green beans, eggplant, zucchini, spinach |
| <input type="checkbox"/> | 1 | Optional garnishes: sprinkling of red pepper flakes, cumin seeds, hot sauce, yogurt, parsley |
| <input type="checkbox"/> | 1 | Optional protein: chicken, lentils, garbanzo beans, egg |