**Cauliflower/Potato Curry**

**Produce**

garlic (if needed)

sweet onion (if needed)

fresh cilantro leaves (if needed)

celery (if needed)

1 cucumber

1 cauliflower

6 baby red potatoes

**Canned/Dried Foods**

Low-sodium vegetable broth(if needed)

one 15 oz. can garbanzo beans

low-sodium soy sauce, tamari or Braggs (if needed)

yellow curry powder(if needed)

honey (if needed)

rice wine vinegar (if needed)

cornstarch(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 – any non-dairy milk will suffice)