

Indian Vegetable Stew



Ingredients

- 1 large eggplant, cut into small chunks
- 3 cups cauliflower florets
- 2 cups baby spinach leaves, washed well
- 2 medium tomatoes, diced
- 1/2 tablespoons curry powder
- 1 teaspoon mustard seeds
- 2 tablespoons olive oil
- 2 cups water
- 1 large onion, diced
- 1 tablespoon garlic powder
- 1 teaspoon finely grated fresh ginger
- 1/2 teaspoon salt
- * 1/2 cup nonfat plain yogurt for topping if desired.

Directions

Put oil, onion, garlic, ginger and salt in a large pot and cook, stirring, until they brown slightly. Add eggplant, cauliflower, tomatoes and water. Sprinkle with seasonings and bring to a simmer. Cover the pot and lower the heat, stirring occasionally, until the vegetables are tender. Add spinach leaves and simmer a few more minutes, stirring the mixture. Top each serving with a spoon of yogurt, if desired.

