

## Aloo Gobi with Garbanzo Beans

2 cups dry garbanzo beans		Cook separately. Once cooked, add with potatoes below
Olive or canola oil	1/3 cup	Heat on medium heat
Black mustard seeds	1 Tbsp.	Add, cook 2 minutes, don't let them burn
Cumin seeds	1 Tbsp.	Add cook 1 more minute
Fenugreek seeds	½ teaspoon	Add to the oil
Asafetida powder	¼ teaspoon	
Onions (red)	2 large	Dice, add to the oil and spices then cook until slightly translucent
Stalks of ½ bunch cilantro, chopped		Add when onion is uncooked
Turmeric	2 tsp.	Add to the mix
Paprika	4 teaspoons	
3 jalapeño peppers (seeds removed)	chopped finely	Mince, add to oil low heat
Fresh ginger	3-inch piece	
Crushed tomatoes	32 oz can	Add after 2 minutes of cooking the ginger and jalapeños
Water	1 1/4 cups	Add and stir
White wine	1 cup	Stir in
Potatoes or sweet potatoes	2 large or 4 med	Dice into big chunks, add. Cook at bubbling temperature for 10 minutes
Cauliflower	1 large	Cut into florets, add to the mixture, stir, cover and cook another 10 minutes
(or substitute Brussels sprouts and eggplant)		
Cover the pan	Heat on medium	
The garbanzo beans from above		Add to pan, stir well. Cover and cook another 5 minutes
Salt	5-6 teaspoons	
After finished		
Turn heat off and cover the pan, let it sit for 10 minutes		
Chopped coriander leaves		Don't chop too fine, put over the top and serve with rice or naan