**Chickpea and Cauliflower Curry**

Ingredients:  
3 Tablespoons of safflower oil  
1 teaspoon cumin seeds  
1/2 teaspoon of black mustard seeds  
1 medium-large head of cauliflower sliced (I slice and use the leaves as well)  
4 carrots sliced  
1 potatoe (I used only one cooked potato that was hanging around the refrigerator, but you could use more)  
1 cup sliced red cabbage   
3 cups garbanzo beans (chick peas)  
1 cup or more of roasted, lightly salted cashews  
2-3 Tablespoons of flour  
1 cup water  
Curry seasoning:  
1+ teaspoon ground cumin  
1 teaspoon turmeric  
1/2 teaspoon coriander  
1/2 teaspoon cardamon   
1/2 teaspoon of "Garam Masala"   
1/2 teaspoon of ground ginger  
1 teaspoon salt  
3/4 teaspoon (heaping half-teaspoon) cayenne  
1 1/2 teaspoon of sugar (after tasting and deciding that it was a little bitter)  
  
Heat the oil in a large pan along with the cumin seeds and mustard seeds until the seeds pop, then add the sliced carrots, cauliflower, cabbage, and cauliflower leaves.  (You could add raw potato chunks here as well, or anything else in the refrigerator:  green peppers, eggplant, etc.)  Cook under high heat while stirring until the vegetables start to sear on the outside.  Sprinkle the curry spices over the vegetables and keep stirring until the vegies are more or less uniformly covered with the curry powder.   
  
Add the two cans of chick peas (including the liquid) and about a cup of water.  Turn down the heat, cover, and cook until the vegetables are cooked -- soft but not mushy.  Add the potatoes cut into chunks at this point if they are already cooked -- if they were fresh put them in at the same time as the cauliflower.    Sprinkle two or three tablespoons of flour over the veggies and stir the flour into the liquid until the sauce thickens slightly.   Add the cashews and add cayenne if you want it more spicy.  Serve over white or brown rice with a dollop of plain yogurt on top.  
  
    You could also use tofu or tempeh instead of, or in addition to, the garbanzo beans.