

## ***Anne's Sweet and Sour Indian Vegetable Stew***

*Recipe from February 2010 issue of Chatelaine. Anne says: "I have made it several times and it is absolutely delicious."*

### **Ingredients:**

1 small head cauliflower  
3 cups butternut squash  
1 small eggplant  
1 onion  
2 tbsp Indian curry paste  
680 ml can tomato sauce  
2 tbsp balsamic vinegar  
2 tbsp brown sugar  
19 oz (540ml) can lentils or chickpeas, drained and rinsed  
1 handful cilantro, chopped (optional)

### **Directions:**

Chop cauliflower into small florets, chop squash into bite sized pieces, and slice eggplant into finger-sized pieces. Coarsely chop onion.

Lightly oil a large pot and set over medium heat. When hot, add onion and sauté until tender, 3 to 4 minutes. Stir curry paste into pot and cook until fragrant, 1 minute. Add tomato sauce, ½ cup water, vinegar, sugar and veggies. Cover and bring to a boil. Reduce heat to medium-low.

Simmer, covered stirring occasionally until vegetables are tender, 25 to 30 minutes. Add lentils for the last 5 minutes of cooking. Sprinkle with cilantro.

Delicious over rice and with a dollop of plain yogurt.

### **Nutritional Info, per cup:**

8 g protein  
3 g fat  
34 g carbs  
7 g fibre  
698 mg sodium  
182 calories