



1- 15 oz. can garbanzo beans (chick peas)

1 small yellow onion, finely chopped

4 garlic cloves, minced

1 tablespoon minced fresh ginger

1 small zucchini, diced

1 small summer squash, diced

1 medium potato, peeled and diced

1/2 a small egg plant, diced

3 small tomatoes, diced

1- 15 oz. can coconut milk

1 tablespoon tomato paste

1 1/2 tablespoons curry powder

Olive oil

Salt

Heat a skillet with some olive oil. Add the onions and cook, stirring occasionally, until soft and translucent. Add the garlic and stir well. Cook for another 5 minutes. Add the ginger, zucchini, squash, egg plant and potatoes. Mix all the ingredients well. Cook for 8 to 10 minutes until vegetables start to soften. Add the curry powder and mix well. Cook for 1 to 2 minutes. Add the garbanzo beans with their liquid. Move all your veggies toward the sides of your skillet to form a well in the middle. Add the tomato paste and whisk in the coconut milk making sure to dilute all of the paste. Mix all of the ingredients well. Bring to a soft boil, reduce the heat and simmer for 25 minutes until the potatoes are cooked through. Serve with white rice. Enjoy!

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