

# Indian Spiced Peas and Mushrooms – Vegan

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Total Time: 35 minutes

Serving Size: 4  
Calories per serving: 165  
Fat per serving: 1 gram

*'The McDougall Program for Maximum Weight Loss', by John A. McDougall, M.D. & Mary McDougall, p-283.*

## Ingredients

- 1/3 cup water
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1/2 to 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground cinnamon
- Pinch ground cloves
- 1/2 pound mushrooms, sliced
- 1 (15 1/2-ounce) can chopped tomatoes with their juice
- 1 (10-ounce) box frozen peas, thawed
- 1 (8-ounce) can garbanzo beans, drained and rinsed
- Chopped fresh Cilantro, for garnish
- Freshly ground pepper, for garnish
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## Instructions

1. Place the water in a large pot. Add the onion and garlic and cook, stirring until the onion softens slightly.
2. Add all the spices and cook 1 minute. Add the remaining ingredients except the pepper and cilantro. Simmer over low heat for 15 minutes.
3. Serve over rice or potatoes, garnish with cilantro and pepper, if desired.

## Notes

Nutrition facts (per serving): Calories: 165, from fat: 4, total fat: 1g, cholesterol: 0mg, sodium: 377mg, total carbohydrate: 28g, fiber: 7g, sugar: 11g, protein: 11g.