

Recipe

Cauliflower & Red Bell Pepper Sabji

By

Bhaktin Archana



Ingredients

- Cauliflower - 2 Large
- Red Bell Peppers - 4 Large
- Cream Cheese - 16 Ounces
- Cilantro - 3 Bunches
- Black Pepper, coarse ground - 3 Tablespoons
- Ghee or Olive Oil - $\frac{1}{4}$ Cup
- Jaggery - $\frac{1}{8}$ Cup

Preparation

1. Clean the cauliflower and cut them into large florets.
2. Spread out on a baking sheet and coat well with ghee or olive oil.
3. Put under the broiler and turn the florets after every 10 minutes, until all sides of the florets are toast brown.
4. In a heavy bottom pan, put $\frac{1}{8}$ cup of water, add the cauliflower, the bell peppers cut into long strips (about $\frac{1}{4}$ " thick), and two or three handfuls of chopped cilantro.
5. Cut the cream cheese into chunks and toss on top, then sprinkle the jaggery.
6. Cover pot and put on low heat for about 2 hours.
7. Stir occasionally to help break the cream cheese up, but try not to break the cauliflower florets apart.

Serves

6 Persons

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare