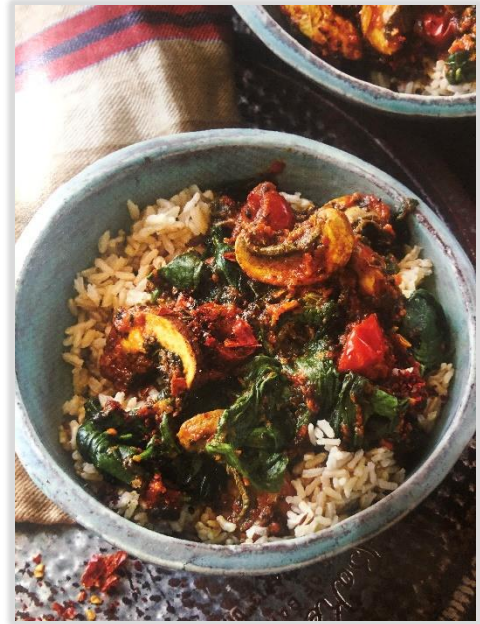


## Indian Style Spinach and Tomatoes

This is a super simple, super flavorful meal that is loaded with greens! This meal can be prepped and cooked in under 20 minutes making it an awesome meal for those that don't have a lot of time but want something incredibly healthy and satisfying.

### Ingredients:

- 1 pound spinach
- 1 14.5 ounce can salt-free diced tomatoes, undrained –
- 8-12 ounces mushrooms, sliced
- 1 ½ teaspoons fresh grated ginger
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ½-1 teaspoon ground cumin
- ½ teaspoon red pepper flakes
- 1 tablespoon miso paste
- 1 can chickpeas, rinsed and drained



### Optional add-ins:

- Cauliflower
- Lentils
- Peas

In one large pot, add all above ingredients except spinach. Put lid on and bring to boil, then reduce to low. Toss in the spinach and let cook about 5 minutes, or unless spinach is soft and cooked.

Serve over rice, quinoa or other grain of choice.

*Recipe from HOW NOT TO DIE COOKBOOK, Dr. Gregor*