One-Pot Indian Stew

1 Tbsp oil  
½ onion, diced  
2 cloves garlic, minced  
1 Tbsp minced fresh ginger  
1 Tbsp Garam Masala  
2 tsp. curry powder  
1 (14.5 oz) can diced tomatoes  
¼ cup coconut milk  
2 medium potatoes, diced  
1 bag frozen cauliflower florets  
1 can garbanzo beans, rinsed and drained  
¼ cup golden raisins  
6 oz spinach

1. Heat a large saucepan or pot over medium-high heat. Add oil; swirl to coat.  
2. Add onion, garlic, and ginger, garam masala, and curry powder to pot; sauté 3 minutes or until onions turn translucent.  
3. Add tomatoes, coconut milk, potatoes and cauliflower to pot, bring to a boil.  
4. Add garbanzo beans and raisins  
5. Cover, reduce to a simmer, and cook 7 minutes or until potatoes are tender, stirring occasionally.  
6. Add spinach in batches, stirring until spinach wilts. Remove from heat; let stand 5 minutes.  
7. Serve hot.

Nutrition information per recipe:  
1284 calories, 29 gm fat, 55 gm protein, 219 gm carbs