Spicy Potato Curry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8-10 Servings

Ingredients	Quantity	Measure
Potatoes, cubed	2	lbs.
Vegetable Oil	2	tbsp.
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	tsp.
Cayenne	1	tsp.
Curry Powder	4	tsp.
Garam Masala	4	tsp.
Fresh Ginger Root, peeled and minced	1	oz.
Salt	1	tsp.
Tomatoes, canned, diced	15	oz.
Garbanzo Beans, rinsed, drained	15	oz.
Green Peas, rinsed, drained	15	oz.
Coconut Milk, canned	14	oz.

Preparation

1. Cook potatoes, just until tender. Set aside.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, garam masala, ginger and salt, and cook for 2 minutes.
4. Add tomatoes, beans, peas and potatoes.
5. Pour in coconut milk and simmer for 10 minutes.

Serving Suggestion

Serve with 4 oz. of brown rice.

Nutrition Information *From USDA Nutrient Database

Curry with Rice

Calories: 443 Total Fat: 17g Saturated Fat: 11g Carbohydrate: 63g Protein: 12g Sodium: 474mg

Vitamin A: 43µg Vitamin C: 31mg Calcium: 97mg Iron: 4mg Folic Acid: 75µg