



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Curry Vegetables

Prep time: 20 minutes

Cook time: 30 minutes

Makes: 25 or 50 Servings

Curry, which is identified by its golden-yellow color, is a mixture of spices, which can include coriander, turmeric, cumin, ginger, and cloves. It is typically used to make a spiced sauce or gravy for vegetables, stews or meats served in southern India. Try this recipe for a spicy twist on an everyday dish.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Nonstick cooking spray		1 spray		1 spray
*Onion, fresh, peeled, 1/2" chopped	6 1/4 oz	1 1/3 cups	12 1/2 oz	2 2/3 cups
*White potatoes, fresh, peeled, 1/4" cubed	12 1/2 oz	2 cups	1 lb 9 oz	1 qt
Tomatoes, canned, diced, drained	12 1/2 oz	1 1/3 cups (1/4 No. 10 can)	1 lb 9 oz	2 2/3 cups (1/2 No. 10 can)
Water		1 cup		2 cups
Green beans, frozen, cut	12 1/2 oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 1/4 cups
Garlic powder		1 tsp		2 tsp
Curry powder, dry, ground		1 tsp		2 tsp
Salt, table		1 tsp		2 tsp

Directions

1. Spray a large skillet with nonstick cooking spray and heat on medium heat.
2. Cook onions and potatoes for 8 minutes or until onions are tender. Stir frequently.
3. Stir in tomatoes and water. Increase heat to medium-high. Cover and cook for 8-10 minutes.
4. Remove lid and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, about 8-10 minutes. Stir frequently. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Serve 1/4 cup (#16 scoop). Critical Control Point: Hold for hot service 140 °F or higher.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/curry-vegetables>.

My Notes

Source: Team Nutrition: Adapted from Texas CACFP Ethnic Recipes.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	27	Vegetables 1/4 cup
Total Fat	0 g	Other 1/4 cup
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	N/A	
Sodium	123 mg	
Total Carbohydrate	6 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	N/A	
Calcium	17 mg	
Iron	0 mg	
Potassium	N/A	
N/A - data is not available		