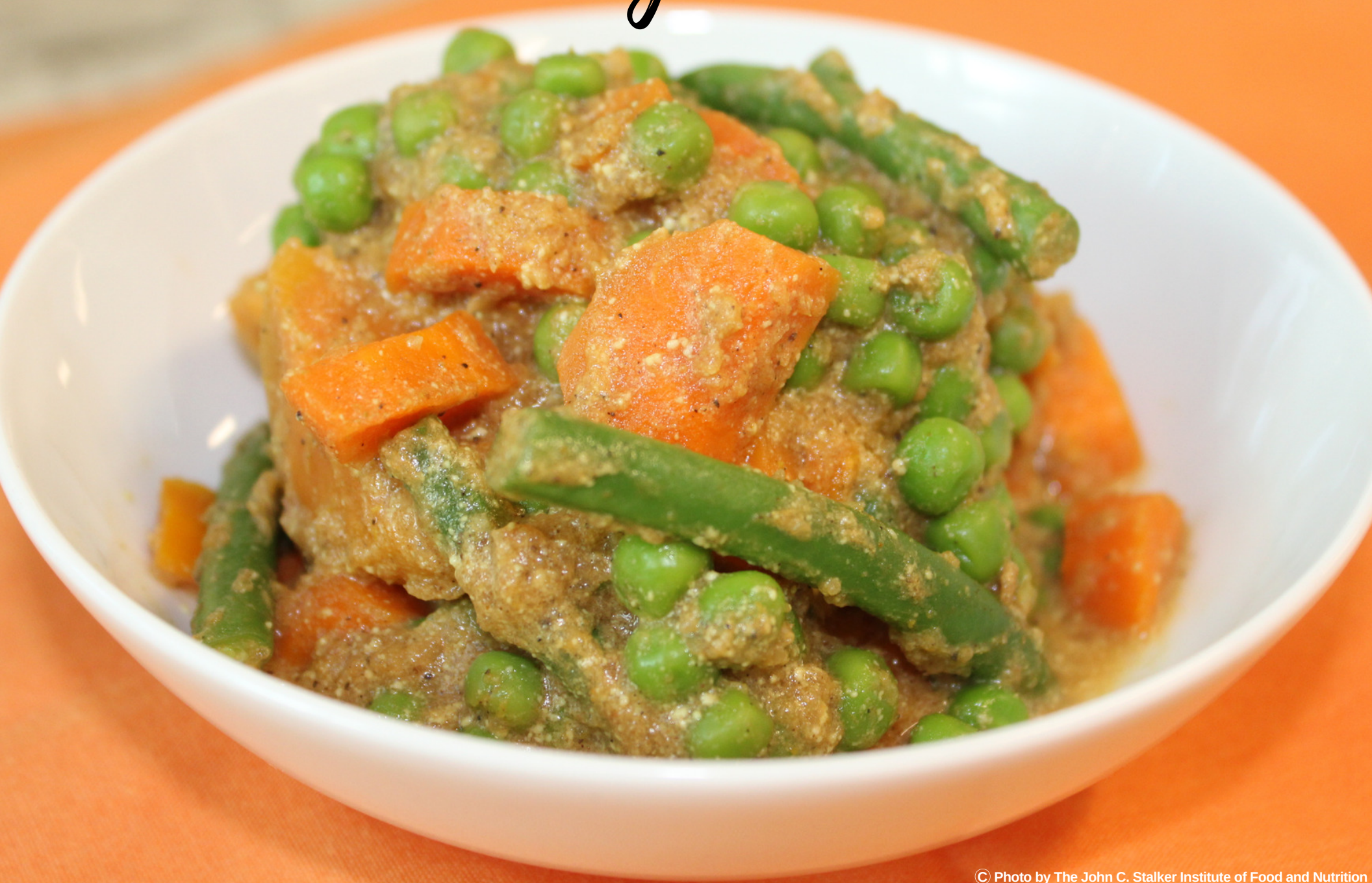


Vegetable Korma



“Vegetable Korma”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

Ingredient Name	Measurements
Carrots, raw, ½ inch cubes	2 lb + 6 1/8 oz
Sweet potatoes, fresh, whole, ½ inch cubes	3 ½ lb
Tomatoes, canned, puree, without salt	2 lb + 1 1/3 oz
Onions, raw, small dice	14 ¾ oz
Ginger root, raw, peeled and minced	2 ½ slices (1” diameter)
Garlic, raw, minced	3 cloves
Coconut milk, canned, shaken vigorously	2 lb + 1 1/3 oz
Garam Masala	2 Tbsp + 1 tsp
Curry powder	1 Tbsp + 1 ¼ tsp
Coriander, ground	2 ½ tsp
Salt	1 Tbsp + 1 ¼ tsp
Peas, green, frozen	1 lb + 9 oz
Green beans, fresh, halved	1 lb + 13 1/3 oz

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Add the carrots and sweet potatoes to a large pot and cover with water. Bring to a boil and cook for 10 minutes, until the potatoes and carrots are fork tender. Drain and set aside.
2. Add the canned tomatoes, onion, ginger, and garlic to a blender (or food processor). Blend until a smooth puree forms.

3. Transfer the puree to a large shallow skillet and bring to a boil. Simmer over low-medium heat for 10 minutes, stirring frequently.
4. While the puree is simmering, scoop out 2-4 oz of it into a separate bowl and add the garam masala, curry powder, coriander, and salt. Then, while whisking, slowly add the coconut milk into the bowl. Combine this mixture back into the large skillet with the rest of the tomato puree.
5. Add the string beans and frozen peas and cook for a minute on medium-high heat. Then add the cooked carrots and sweet potatoes. Stir until combined.
6. Refrigerate until served.
7. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	101.95 kcal
Total Fat	4.30 g
Saturated Fat	3.63 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	291.07 mg
Total Carbohydrate	14.79 g
Dietary Fiber	3.29 g
Total Sugars	3.01 g
Protein	2.47 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*