

Idiot's Kitchen Recipe – Vegetable Curry

Recipe from www.idiotskitchen.com



Ingredients:

1-2 Tablespoons olive oil
1 large onion, chopped
1 red bell pepper, chopped
3-4 carrots, peeled and cut into discs
3-4 potatoes, peeled and cubed – Yukon gold preferred
5 cloves garlic, finely chopped
1 head cauliflower, chopped into florets
1 inch piece fresh ginger, peeled and finely chopped
1 (14 ounce) can diced tomatoes
1 (14 ounce) can garbanzo beans/chick peas, drained and rinsed
1 (14 ounce) can vegetable broth
Water – at least 1 can or maybe a bit more
1 Tablespoon curry powder
1 large pinch red pepper flakes
1 cup frozen peas
1 small carton plain Greek yogurt or 1 can coconut milk (optional)
Salt & Pepper
Limes for garnish and squeezing
Cilantro & Brown Rice for serving

NOTE: Any combination of vegetables can be used. Broccoli, zucchini, and sweet potatoes would all be good additions. Use whatever you like and have on hand.

If you're serving this vegetable curry with rice, be sure to start the rice before the curry so that they are ready at the same time.

Prepare and chop all of the vegetables. Heat 1-2 Tablespoons of olive oil in a very large pot. Sauté the chopped onions, carrots, and red bell pepper for about 5 minutes over medium high heat. Add the cubed potatoes, chopped garlic, chopped ginger, and chopped cauliflower.

Add 1 can of vegetable broth and at least 1 can of water. Add 1 can of diced tomatoes with their juices and 1 can of garbanzo beans that have been drained and rinsed. Be sure you have enough liquid to almost cover the vegetables. You might need to add more water or broth.

Season with at least 1 Tablespoon curry powder, a healthy pinch of red pepper flakes, and salt & pepper to taste. Bring the pot to a boil, then turn the heat down to low, cover and simmer for 15-20 minutes until the vegetables are tender but still holding their shape. When the vegetables have cooked, add 1 cup of frozen peas and heat through.

Take the curry off the heat and add 1 small carton of Greek yogurt or 1 small can of unsweetened coconut milk. This step is optional but does make the broth a bit heartier.

I like to chop an entire bunch of cilantro and add it to a few cups of cooked brown rice. Serve the vegetable curry with the cilantro rice and with a few lime wedges to squeeze for a bit of extra zing.

Makes a huge pot, 6-8 servings. Can easily be cut in half but it also makes awesome leftovers!