

# Easy Vegetable Korma

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-korma-recipe-indian-style>

## Ingredients:

- 1/3 cup slivered almonds
- 1/2 cup yellow onion finely diced
- 2 tablespoons serrano pepper or jalapeno pepper, finely diced
- 1 tablespoon minced garlic
- 1/4 cup vegetable broth
- 14 ounces unsweetened coconut milk can light
- 15 1/2 ounces chickpeas drained and rinsed \*
- 20 ounces veggies bag frozen
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 4 teaspoons curry powder
- fennel Smidgeon crushed
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon sweet paprika optional – for color only
- 1/2 teaspoon sea salt +/- to taste \*
- 1/4 teaspoon black pepper
- rice Steam, choice
- flatbread
- freshly chopped cilantro

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 57 grams
3. Fat: 30 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 21 grams
7. Sodium: 780 milligrams
8. Sugar: 8 grams

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