

Vegetable Korma - Vegan Indian Side Dish

Yield: 7 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-side-dish-indian-recipe>

Ingredients:

- 1/2 pound button mushrooms sliced
- 4 potatoes medium size, diced
- 1 onion medium, chopped
- 2 carrots sliced, or baby carrots
- 8 ounces frozen green beans
- 1 bell pepper or any sweet pepper you like sliced
- 20 curry leaves optional, available at Indian Grocer
- 2 green chilies spicy, seeded and sliced
- 4 cloves garlic finely minced or grated
- 2 inches fresh ginger finely minced or grated
- 1/2 pint grape tomatoes sliced or 1 large tomato diced
- 1/2 teaspoon ground turmeric available at Indian Grocer
- 1 teaspoon cumin seed available at Indian Grocer
- 1 teaspoon mustard seeds available at Indian Grocer
- 1 teaspoon fenugreek seeds available at Indian Grocer
- 2 teaspoons curry powder I used McCormick Brand
- 1 teaspoon garam masala powder, available at Indian Grocer
- 6 ounces coconut milk
- 1 1/2 cups water
- salt to taste) You will need to salt the dish throughout because much of it will be absorbed by the potatoes.
- crush flake pepper red to taste
- 2 cinnamon sticks inc piece

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 34 grams

3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 5 grams
7. Sodium: 140 milligrams
8. Sugar: 7 grams

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