

Vegetables in Spiced Cream Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-and-baby-corn-indian-recipe>

Ingredients:

- 3 tablespoons olive oil divided 2 and 1 tbsp
- 1 tablespoon green chilies ginger garlic green chili paste, optional exclude if making for kids
- 1/2 cup baby bella mushrooms wiped clean and quartered
- 1 cup zucchini and/or yellow squash cubed
- 1/2 cup baby corn canned, rinsed and sliced in half, see notes
- 1/2 cup mixed bell peppers cubed
- 1/3 cup veggies frozen mixed, if desired
- 1/2 cup broccoli separated into small florets
- 1 teaspoon chili flakes
- 2 tablespoons butter I used salted
- 2 tablespoons whole wheat flour
- 2 cups milk
- 1 teaspoon paprika
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon amchur dry mango powder
- 1/2 teaspoon Himalayan salt pink
- 1 teaspoon kasoori methi dried
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala
- salt
- black pepper
- 1/2 teaspoon Garam Masala
- 6 sprigs cilantro chopped for garnish, optional

Nutrition:

1. Calories: 280 calories

2. Carbohydrate: 20 grams
 3. Cholesterol: 25 milligrams
 4. Fat: 20 grams
 5. Fiber: 4 grams
 6. Protein: 9 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 410 milligrams
 9. Sugar: 10 grams
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