

Vegetarian Navratan Korma Curry

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 1/2 tablespoon ghee substitute with oil if making vegan
- 1/2 tablespoon vegetable oil
- 1 1/2 teaspoons turmeric divided
- chili powder to taste, Korma is supposed to be a mild dish
- 2 teaspoons Garam Masala
- 1 tablespoon cumin powder
- 1 medium potato diced into 1/2 inch chunks
- 1/2 cup carrots sliced
- 1/2 cup broccoli
- 1 cup cauliflower
- 1 cup green beans
- 1 cup mushrooms
- 1/2 cup paneer diced, substitute tofu if making vegan
- 1 tablespoon fenugreek leaves fresh or dried
- 1/2 cup cashew nuts plus more for garnish
- 1 cup coconut milk
- 3 cups base curry, [Recipe Here](#)
- 2 tablespoons coconut preferably unsweetened
- 1 cup water –added 1/2 c. at a time
- salt to taste
- pepper to taste
- 2 tablespoons half & half to finish, leave this out if making vegan
- 1 handful golden raisins to garnish, optional
- coriander cilantro leaves- chopped- to garnish, optional

Nutrition:

1. Calories: 370 calories

2. Carbohydrate: 32 grams
3. Cholesterol: 10 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 12 grams
8. Sodium: 460 milligrams
9. Sugar: 12 grams

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