

Indian Potato and Cauliflower Curry

Yield: 4 min
Total Time: 9 min

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

Ingredients:

- 2 tablespoons safflower oil
- 1 tablespoon mustard seed brown
- 1 yellow onion medium, chopped
- 1 tablespoon hot curry powder
- 1 1/2 cups tomatoes ripe
- 3 yukon gold potatoes medium, unpeeled, about 8 ounces
- salt
- pepper
- 1 cauliflower medium, cut into large, 3-inch florets, stalk and core discarded

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 34 grams
3. Fat: 8 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. Sodium: 260 milligrams
7. Sugar: 6 grams

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