

# Veg Korma

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chana-dal-recipe-veg-recipes-of-india>

## Ingredients:

- 5 tablespoons coconut desiccated, (unsweetened) or fresh/frozen coconut
- 1/2 tablespoon chana dal roasted, daria dal or roasted bengal gram
- 1/2 tablespoon coriander seeds sabut dhania
- 2 teaspoons poppy seeds khus khus) – optional
- 1 teaspoon fennel seeds
- 1/2 teaspoon cumin seed
- 1 teaspoon fennel seeds saunf
- 1 stone flower tiny piece, (pathar phool) – optional
- 1 teaspoon chopped onions finely, or 4 to 5 small to medium-sized garlic
- 1 1/2 teaspoons ginger finely chopped, or 1 inch ginger
- 1/2 cup water for blending or add as required
- 1 1/2 cups cauliflower florets medium sized
- 3/4 cup potatoes chopped, or 1 medium potato – diced
- 1/3 cup green peas fresh or frozen
- 1/4 cup beans fresh, or 7 to 8 french beans
- 1/2 cup carrots chopped, or 1 medium carrot
- 2 tablespoons oil any neutral oil or coconut oil
- 1/3 cup chopped onions finely, or 1 medium sized onion
- 1/3 cup chopped tomatoes or 1 medium tomato
- 8 curry leaf medium to large) or 12 to 15 small sized
- 1/4 teaspoon powdered turmeric
- 1/2 teaspoon chili powder red
- 2 tablespoons curds yogurt) – optional
- 1 1/4 cups water for slightly thin gravy, add 1.5 cups water
- salt as required
- 3 tablespoons coriander leaves (cilantro) chopped

## Nutrition:

1. Calories: 140 calories

2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 200 milligrams
9. Sugar: 4 grams

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