

Indian Vegetable Curry

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-indian-slowcooker-recipe>

Ingredients:

- 1/4 cup canola oil
- 2 yellow onions chopped
- 4 garlic cloves minced
- 3 tablespoons fresh ginger minced
- 1 1/2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon cumin seeds
- 1 cup hot water
- 1 pound boiling potatoes peeled and cut into chunks
- 1 head cauliflower trimmed and cut into florets
- 3/4 pound green beans trimmed and coarsely chopped
- 1 1/2 teaspoons salt plus more, to taste
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 25 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 540 milligrams
8. Sugar: 5 grams

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