

Gajar Matar (Indian Carrots and Peas)

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 small onion roughly chopped
- 1 garlic clove roughly chopped
- 1 inch ginger piece of, peeled and chopped
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 1/2 teaspoons ground turmeric
- 1 3/4 cups carrots diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 2/3 cups peas thawed if frozen
- 1 tablespoon kosher salt
- 1/4 teaspoon sugar
- 1/4 teaspoon red chili powder Indian, you can substitute cayenne
- 1/4 cup water
- 1/2 teaspoon Garam Masala

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 10 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 1220 milligrams
7. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Gajar Matar (Indian Carrots and Peas) above. You can see more 18 indian carrots recipe Experience flavor like never before! to get more great cooking ideas.