

Easy Mixed Vegetable Curry

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mixed-vegetables-curry-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, diced
- 4 garlic cloves minced
- 1 tablespoon ginger fresh grated
- 1 serrano pepper seeded and minced
- 2 teaspoons Garam Masala or to taste
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon black pepper
- 2 cups vegetable broth
- 14 ounces crushed tomatoes
- 1 baking potato medium, scrubbed and diced
- 3 cups cauliflower florets 1 small crown or 1/2 large
- 2 carrots chopped
- 2 cups fresh green beans cut into 2 inch pieces
- 1 3/4 cups chickpeas cooked, drained and rinsed
- fresh cilantro
- basmati rice
- 1/2 teaspoon salt or to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 40 grams
3. Fat: 5 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 810 milligrams

8. Sugar: 5 grams

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