

Vegan Potato Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 4 potatoes peeled and cubed
- 2 tablespoons olive oil
- 1 onion diced
- 3 cloves garlic minced
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper depending on your taste—I'm a wuss
- 4 teaspoons curry powder
- 4 teaspoons Garam Masala
- 1 inch fresh ginger root piece, peeled and minced, a mini food processor is amazing for this
- 2 teaspoons salt
- 1 can diced tomatoes 14.5 oz
- 1 can garbanzo beans chickpeas, rinsed and drained, 15 oz
- 1 1/4 cups frozen peas
- 1 can coconut milk 14 oz
- 1/2 cup dried currants or raisins
- 1/2 cup cashews chopped, optional

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 131 grams
3. Fat: 50 grams
4. Fiber: 31 grams
5. Protein: 36 grams
6. SaturatedFat: 25 grams
7. Sodium: 1290 milligrams
8. Sugar: 25 grams

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