

Quick and Easy Vegetable Korma

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-stew-with-red-potatoes-recipe>

Ingredients:

- 1 pound carrots peeled and sliced 1/2 inch thick
- 1 1/2 pounds red potatoes chopped in 1 1/2 inch chunks
- 1 head cauliflower chopped into florets OR 1 pound frozen cauliflower
- 14 ounces canned diced tomatoes fire roasted preferred
- 1 onion quartered
- 1 inch fresh ginger
- 3 cloves garlic
- 3 tablespoons olive oil
- 1 cup raw cashews soaked
- 14 ounces coconut milk full fat or light
- 1 tablespoon Garam Masala
- 1 teaspoon curry powder
- 1 teaspoon coriander dried
- 1 teaspoon turmeric
- 1 cup frozen peas
- 2 teaspoons salt to taste
- 3 cups basmati rice cooked
- naan Vegan
- chopped cilantro

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 132 grams
3. Fat: 35 grams
4. Fiber: 13 grams
5. Protein: 21 grams
6. SaturatedFat: 17 grams

7. Sodium: 1050 milligrams

8. Sugar: 12 grams

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