

# Cashew Vegetable Korma

Yield: 16 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-vegetable-korma>

## Ingredients:

- 2 cups cashew pieces, plus water for soaking
- 2 cups vegetable broth
- 2 1/2 pounds Yukon Gold potatoes 1 1/2 inch chunks
- 2 pounds cauliflower in large florettes, don't cut em too small or they will fall apart
- 2 pounds carrots sliced on a bias 1/2 inch thick
- 2 yellow onions medium sized
- 2 inches ginger nub of
- 8 cloves garlic
- 2 teaspoons red pepper flakes
- 3 tablespoons peanut oil
- 1 tablespoon coriander crushed
- 2 teaspoons red pepper flakes
- 1 tablespoon curry powder
- 2 teaspoons Garam Masala
- fresh black pepper
- 2 teaspoons salt
- 1 tablespoon tamarind concentrate see note
- 2 tablespoons tomato paste
- 4 cups vegetable broth
- 1 can coconut milk
- 2 cups frozen peas
- 1 red onion large caramelized
- chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 34 grams
3. Fat: 21 grams
4. Fiber: 8 grams

5. Protein: 11 grams
  6. SaturatedFat: 8 grams
  7. Sodium: 750 milligrams
  8. Sugar: 9 grams
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