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Homemade Curry Powder

Yield: 2 min Total Time: 55 min

Recipe from: https://www.recipeschoose.com/recipes/simple-indian-curry-powder-recipe

Ingredients:

- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon fennel seeds
- 2 red chilies or more dried, broken up into small pieces.
- 1/2 teaspoon ground turmeric
- 3 onion
- 4 cloves garlic
- 2 teaspoons minced ginger
- 1 curry powder recipe, 5 tablespoons, see above for recipe
- 5 cups vegetables Zucchini, mushrooms, cauliflower, broccoli, carrot, spinach, potato, sweet potato, winter squash etc
- 2 cups water
- 1 cup coconut milk

Nutrition:

- 1. Calories: 520 calories
- 2. Carbohydrate: 67 grams
- 3. Fat: 28 grams
- 4. Fiber: 21 grams
- 5. Protein: 15 grams
- 6. SaturatedFat: 20 grams
- 7. Sodium: 190 milligrams
- 8. Sugar: 8 grams

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