

Mixed Vegetable Curry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 cups veggies chopped mixed, onions, carrots, peas, mushrooms, blanched beans, blanched cauliflower and capsicum
- 3/4 cup onions chopped
- 1 green chili
- 1 teaspoon garlic paste ginger
- 1/3 cup chopped tomatoes or can use amchur powder
- 3/4 teaspoon red chili powder
- 1 1/2 teaspoons garam masala powder
- 1/2 teaspoon kasuri methi
- coriander leaves for garnishing, optional
- salt
- oil
- 1 tablespoon coconut
- 6 cashew nuts
- 1 star anise
- 1 bay leaf
- 3 pepper corn
- 1/4 teaspoon cumin black
- 2 cinnamon stick
- 4 cloves

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams

8. Sugar: 4 grams

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