

# South Indian Vegetable Curry

Yield: 8 min  
Total Time: 45 min

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

## Ingredients:

- 5 cups mixed vegetables cut into chunky slivers about 1 1/2 inches long, I used a sweet potato, two large gold potatoes, two carrots...
- 1/2 teaspoon turmeric
- 13 1/2 ounces coconut milk not the light kind
- 1 teaspoon cumin seeds
- 1 teaspoon dal bengal gram, can sub with 1 tsp raw rice
- 2 green chili peppers like jalapeno, deseed and use more or less depending on how hot the pepper is
- 2 tablespoons coconut oil more oil means more flavor
- 2 sprigs curry leaves about 25-30
- 1 teaspoon brown mustard seeds or black
- 1 inch ginger knob, cut into thin slivers
- 1/4 cup vegan yogurt I used my cultured cashew yogurt-- link in notes below-- but use any kind. For best results, it should be tangy
- salt to taste
- coconut optional
- coriander optional

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Fat: 18 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 14 grams
7. Sodium: 160 milligrams
8. Sugar: 2 grams

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