

Vegetable Indian curry

Yield: 4 min
Total Time: 36 min

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

Ingredients:

- 3 garlic cloves peeled
- 1 inch fresh ginger 2 ½ cm, piece, peeled
- 1 jalapeño small ,pepper, seeded and chopped
- 4 ounces tomatoes 113 grams, chopped
- 1 tablespoon tomato paste
- 3 tablespoons vegetable oil
- 6 ounces yellow onion 170 grams ,chopped
- 1 red bell pepper chopped
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 tablespoon ground coriander
- 1 teaspoon ground ginger
- 1/2 teaspoon Kashmiri powder /red Indian chili , substitute cayenne pepper
- 1 teaspoon salt or to taste
- 1 tablespoon maple syrup
- 1 1/2 cups vegetable broth 354 ml
- 8 ounces carrots 226 grams, peeled and cut into large pieces
- 6 ounces potatoes 170 grams, cut into 1 inch cubes
- 8 ounces cauliflower florets 226 grams
- 1 tablespoon cornstarch
- 5 ounces plain greek yogurt 141 grams
- 3/4 cup fresh peas 88 grams, or frozen

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams

6. Protein: 7 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 1060 milligrams
 9. Sugar: 16 grams
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