

Vadouvan

Yield: 4 min

Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/vadouvan-indian-spice-blend-recipe>

Ingredients:

- 3 hot chili peppers small, or 1/2 tsp. red pepper flakes3 small hot chili peppers or 1/2 tsp. red pepper flakes
- 8 cloves garlic peeled8 cloves garlic peeled
- 2 large onions about 1 pound, peeled and cut into eighths2 large onions about 1 pound, peeled and cut into eighths
- 1/2 pound shallots peeled and halved1/2 pound shallots peeled and halved
- 1/2 teaspoon fenugreek ground, or whole fenugreek ground in coffee mill1/2 teaspoon ground fenugreek or whole fenugreek ground in coff...
- 1/2 tablespoon curry leaves thinly sliced, optional1/2 tablespoon curry leaves thinly sliced, optional
- 2 teaspoons cumin 2 teaspoons cumin
- 1 teaspoon mustard seed 1 teaspoon mustard seed
- 1/2 teaspoon turmeric 1/2 teaspoon turmeric
- 1/4 teaspoon freshly ground nutmeg 1/4 teaspoon freshly ground nutmeg
- 1/8 teaspoon ground cloves 1/8 teaspoon ground cloves
- 1/2 tablespoon salt 1/2 tablespoon salt
- 1/2 teaspoon freshly ground pepper 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon cumin seed 1/2 teaspoon cumin seed
- 1/2 teaspoon mustard seed 1/2 teaspoon mustard seed
- 1 onion chopped1 onion chopped
- 1 1/2 cups masoor dal or small red lentils picked over and rinsed1 1/2 cups masoor dal or small red lentils picked over and rinsed
- 4 cups water 4 cups water
- 1/3 cup vadouvan start with 1 tbsp. of packaged vadouvan or curry powder1/3 cup Vadouvan, start with 1 tbsp. of packaged vadouvan or c...
- 2 cloves garlic minced2 cloves garlic minced
- 1/2 teaspoon coriander 1/2 teaspoon coriander
- 15 ounces diced tomatoes I used fire-roasted1 15 ounce can diced tomatoes I used fire-roasted
- 4 cups baby spinach 3-4 cups baby spinach
- 2 eggplants small, 2 small eggplants
- 2/3 cup soy milk plain, or other non-dairy milk2/3 cup plain soy milk or other non-dairy milk
- 1/2 tablespoon nutritional yeast 1/2 tablespoon nutritional yeast
- 1 tablespoon cashews 1 tablespoon cashews

- 1 tablespoon vadouvan start with 1 tsp. of packaged vadouvan or curry powder1 tablespoon Vadouvan, start with 1 tsp. of packaged vadou...
- 1 large tomato 1 large tomato
- 1/2 seeds small green chile, removed and minced1/2 small green chile seeds removed and minced
- 1 clove garlic minced1 clove garlic minced
- 1/2 teaspoon white balsamic vinegar 1/2 teaspoon white balsamic vinegar
- pepper uncheckedsalt and, salt and pepper