

South Indian Potato Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-south-indian-potato-curry-recipe>

Ingredients:

- 3 tablespoons vegetable oil
- 1/2 teaspoon mustard seeds
- 1 teaspoon red pepper flakes
- 1/4 teaspoon turmeric
- 1 tablespoon cumin
- 2 green chili peppers chopped, or jalapenos
- 4 green onion stalks chopped
- 3 garlic cloves minced
- 1 tablespoon ginger minced
- 1 1/4 cups crushed tomatoes
- 1 1/4 cups coconut milk
- 5 yukon gold potatoes cut in half
- 1/2 cup chickpeas
- 1/2 teaspoon salt
- chili powder optional
- spice optional
- 1 handful cilantro or coriander, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 56 grams
3. Fat: 30 grams
4. Fiber: 15 grams
5. Protein: 14 grams
6. SaturatedFat: 17 grams
7. Sodium: 540 milligrams
8. Sugar: 4 grams

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