

Indian Vegetarian “Chili” with Spiced Buns

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 large potato peeled and diced
- 1/2 cup cauliflower cut into small pieces
- 2 carrots peeled and diced
- 1 teaspoon olive oil
- 1 green bell pepper medium, diced
- 2 Roma tomatoes diced
- 1/2 cup peas I used frozen sweet peas
- 1 1/2 tablespoons garlic paste fresh would be ideal!
- 1 1/2 tablespoons ginger paste fresh would be ideal!
- 1 onion medium, diced
- 1 teaspoon turmeric
- 1/2 cup butter 1 stick- divided into 2 tbsp. portions
- 1 1/2 tablespoons masala pav bhaji, I used a pre-made spice mix, available at Indian grocers or online
- 1 handful fresh coriander cilantro- chopped
- chili powder to taste
- 2 tablespoons fenugreek leaves dried
- 1/4 teaspoon asafetida
- 1 tablespoon paprika I use this to impart a beautiful red color
- 1/2 lemon small
- 4 cups water including water reserved from boiling veggies
- 2 tablespoons butter
- coriander handful of chopped, cilantro
- 1 1/2 teaspoons masala pav bhaji
- 6 dinner rolls small Kings Hawaiian, split, or make your own. These are nice because they impart a little sweetness

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 55 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams
6. Protein: 10 grams
7. SaturatedFat: 13 grams
8. Sodium: 450 milligrams
9. Sugar: 8 grams

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