



Indian Vegetable Korma

serves 4

presented by McKenzie Ziegler, RDN, CDN, LDN



INGREDIENTS

- 1 medium yellow onion, peeled and halved
- 3 cloves garlic, peeled
- 1 1-inch piece ginger root, roughly chopped
- 1 jalapeno pepper, stems and seeds removed
- ¼ cup cashews
- 1 Tbsp vegetable oil
- 2 tsp curry powder
- 1 tsp ground turmeric
- 1 tsp garam masala
- ½ tsp cinnamon
- ½ tsp coriander
- ½ tsp salt
- ½ tsp black pepper
- 1/8 tsp ground cardamom
- 2 small tomatoes, diced
- ½ cup unsweetened coconut milk
- ¾ cup plain yogurt
- 1 ½ tsp brown sugar
- 1 medium potato, diced
- 1 cup frozen peas and carrots
- 1 cup chopped fresh green beans

Instructions on Reverse



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INSTRUCTIONS

- Blend the onion, garlic, ginger, jalapeno, cashews, and ½ cup of water in a blender until pureed.
- Measure out all of the spices (curry powder through cardamom) into a small bowl.
- Heat vegetable oil in a large skillet over medium heat.
- Pour the pureed mixture into the skillet. Mix in the spices and cook until fragrant, 2-3 minutes.
- Add the rest of the ingredients (tomato through green beans).
- Stir well, cover with a lid, and simmer for 10 minutes. Uncover and cook until the potatoes are tender, 5-10 more minutes. Serve with basmati rice and naan.