

April 3, 2016

Recipe: Confetti Vegetable Curry

Sweet Potatoes, Zucchini, Mushrooms, Red Bell Peppers, Corn, and Peas in a Curry Tomato Sauce
Servings: 4

- 2 tablespoons butter
- 1 cup onions, diced
- 1 tablespoon ginger root, minced
- 1 clove garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/3 cup red bell peppers, diced
- 1 cup sweet potatoes, diced
- 1 cup zucchini, diced
- 1 cup mushrooms, sliced
- 1 cup corn, canned, or fresh
- 1/2 cup peas, frozen
- 1 14 oz. can tomatoes
- 1/4 cup chicken broth, (or vegetable)

Heat butter in a large saute pan over medium heat and saute the onions, stirring often for 10 minutes, until they start to brown. Add the minced ginger root, garlic, curry powder, and ground cumin, and cook for 1 minute. Add all of the vegetables and continue to cook for 3 minutes, stirring occasionally.

Drain and chop the tomatoes, reserving juice. Add both to the vegetables, along with the chicken broth. Simmer, partially covered, until vegetables are tender and liquid has thickened somewhat, about 10 to 15 minutes.

Serving Suggestion:

White or Aromatic Yellow Rice / Brown or Fragrant Brown Rice

