

Indian Vegetable Curry Recipe

Ingredients:

1/4 c Veg Oil
1 pn Mustard seeds
1 1/2 ts Ginger, grated
1 lg Yellow onion, thinly sliced
2 ea Green chiles, seeded
2 1/2 ts Coriander, ground
2 1/2 ts Cumin, ground
1/4 ts Turmeric
1 sm Potato, cubed
2 ea Carrots, cubed
1 ea Eggplant, cubed
1/4 lb Green beans, chopped
2 ea Green bell peppers, chopped
2 ts Salt
1 pn Sugar
1 1/2 c Coconut milk
4 tb Cilantro, chopped
1/4 ts Paprika

Directions:

Heat oil in a large skillet over medium heat.
Fry mustard seeds until they pop.
Add ginger, onion, chiles; fry for 2 minutes.
Stirring constantly, add coriander, cumin, turmeric;
cook gently for a few seconds longer.

Add the vegetables and cook, stirring constantly, for 5 minutes.
Add salt, sugar and coconut milk.
Cover and cook gently for about 10 minutes, or until the vegetables are tender.
Mix in the cilantro and sprinkle with the paprika before serving.
Garnish with toasted coconut.