



Indian Vegetable Curry

12 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 sweet potato, peeled and diced
- ¼ teaspoon salt
- 1 Tablespoon curry powder
- 1 (14 ounce) can low-fat coconut milk
- 2 cups water
- 2 tomatoes, diced
- 1 head cauliflower, florets
- 2 cups baby spinach
- ½ cup cilantro, chopped

DIRECTIONS

1. Put the skillet on the stove and set the heat to medium. When the skillet is hot, add the oil.
2. Add the onion, carrots, celery, garlic, bell pepper, sweet potato, and salt. Cook until the onions are softened, about 20 minutes.
3. Add the curry powder and cook, stirring, just until fragrant, about 30 seconds.
4. Add the coconut milk, water, and tomatoes and cook until the sweet potato is tender, about 20 minutes.
5. Add the cauliflower florets and mix well. Cover and cook until tender, about 7 minutes.
6. Turn the heat off and add the spinach and cilantro and stir well.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 269mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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