

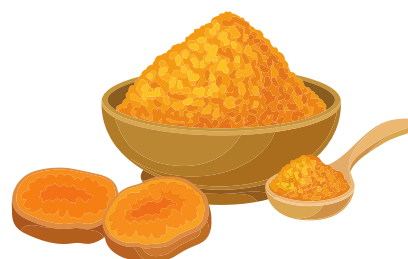
# WEEKEND PASSPORT: CURRY IN A HURRY



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

## Exploring Indian Cuisine:

- India is in South Asia and has the second largest population of any country in the world. It borders Pakistan, China, Nepal, Bangladesh, and three other countries. Indian cuisine dates back over 5,000 years. Due to its wide variety of climate, landscape, cultures, religions and influences from surrounding countries, Indian cuisine can be quite diverse.
- One thing common across the different regions is the use of spices to add flavors to meals. Turmeric, cumin, cardamom, coriander, cinnamon, garam masala, saffron, and fennel are all popular Indian spices. Other staple ingredients include ghee, paneer, milk, yogurt, rice, naan, lentils, and vegetables.
- Curry is believed to have originated in India, but there are many countries that make variations of curry dishes including many Asian countries and England. Curries can contain meat, fish, or be vegetarian. They also can be wet (with a sauce), or dry, meaning that very little liquid is used. Coconut milk is used in many wet curry recipes that adds a rich, creamy flavor. Curry powder can be found in grocery stores and is a blend of spices typically made of turmeric, Coriander, Cumin, dried chilies, and ginger.



# WEEKEND PASSPORT: CURRY IN A HURRY



## Ingredients:

- 1 Tablespoon olive oil
- 1/2 small white onion, chopped
- 2 cloves garlic, mashed
- 1 Tablespoon curry powder
- 1 stalk celery, finely chopped
- 2 medium tomatoes, chopped
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1/2 – 1 cup low sodium vegetable broth
- 2 cups spinach, roughly chopped
- 1/4 cup cilantro, chopped

## Directions:

- Heat oil over medium heat. Add onion and garlic and sauté until onion becomes translucent. Stir in curry powder. Do not let the pan get too hot.
- Add celery and stir to combine. Add tomatoes and cook until tomatoes start to break down.
- Add the garbanzo beans and just enough vegetable broth to cover the beans. Add spinach, stir, and cook until the spinach wilts.
- Simmer about 5 minutes, turn off heat, and stir in cilantro.

