

Spicy Potato Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 8-10 Servings

Ingredients	Quantity	Measure
Potatoes, cubed	2	pounds
Vegetable broth	3	quarts
Vegetable oil	2	tablespoons
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	teaspoon
Cayenne	1	teaspoon
Curry powder	4	teaspoons
Garam Masala	4	teaspoons
Fresh ginger root, peeled and minced	1	ounces
Salt	1	teaspoon
Tomatoes, canned, diced	1	15 ounces can
Garbanzo beans, rinsed, drained	1	15 ounces can
Green peas, rinsed, drained OR Green peas, frozen, thawed		1-15 ounces can OR 1 ½ cups
Coconut milk, canned	1	14 ounces can

Preparation

1. Boil potatoes in vegetable broth just until tender. Drain and reserve vegetable broth. Set aside potatoes and broth until step four.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, Garam Masala, ginger and salt to the onions and garlic. Cook for 2 minutes.
4. Add tomatoes, beans, peas, potatoes and coconut milk to the skillet. Barely cover with some of the reserved vegetable broth. Stir to combine and simmer for 10 minutes.
5. Serve by itself or over rice.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 281 Total Fat: 13g Saturated Fat: 8g Monounsaturated Fat: 1.2g Polyunsaturated Fat: 1.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 8g Total Sugar: 5g Protein: 9g Sodium: 96mg
Vitamin A: 22µg Vitamin C: 17mg Calcium: 44mg Iron: 3.6mg Folate: 54µg



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 1