

Spicy Potato Curry - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 8-10 Servings

Ingredients	Quantity	Measure
Potatoes, cubed	2	pounds
Vegetable broth	1	quart
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 water until tender. Set aside potatoes until step four.
2. Heat 2 Tablespoons of the vegetable broth 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. Add the rest of the vegetable broth to the skillet. Stir to combine and simmer for 10 minutes.
5. Serve by itself or over rice.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 288 Total Fat: 10g Saturated Fat: 7.6g Monounsaturated Fat: .4g Polyunsaturated Fat: .2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 8.3g Total Sugar: 5.7g Protein: 9g Sodium: 322mg
Vitamin A: 22µg Vitamin C: 18mg Calcium: 44mg Iron: 3.6mg Folate: 54µg



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