



Curry Vegetables

Curry, identified by its golden–yellow color, is a mixture of spices, which can include coriander, turmeric, cumin, ginger, and cloves. It is typically used to make a spiced sauce or gravy for vegetables, stews, or meats served in southern India.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 20 minutes

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INGREDIENTS

Nonstick cooking spray

1/3 cup onion, fresh, peeled, 1/2" chopped

1/2 cup white potatoes, fresh, peeled, 1/4" cubed

1/3 cup tomatoes, canned, diced, drained

1/4 cup water

3/4 cup green beans, frozen, cut

1/4 teaspoon garlic powder

1/4 teaspoon curry powder, dry, ground

1/4 teaspoon salt, table

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DIRECTIONS

1. Spray a small skillet with nonstick cooking spray, and heat on medium.
2. Cook onions and potatoes for 5 minutes or until onions are tender. Stir frequently.
3. Stir in tomatoes and water. Increase heat to medium–high. Cover, and cook for 5 more minutes.
4. Remove lid, and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, 5–7 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.
5. Serve 1/4 cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

Nutrients	Amount
Calories	27
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	123 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
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Vitamin D	N/A
Calcium	17 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

