

SEASONAL VEGETARIAN KORMA



INGREDIENTS

- | | | |
|--------------------------------|------------------------------------|----------------------------|
| 1 1/2 | 1 | 2 |
| tblsp. vegetable oil | jalapeño pepper, seeded and sliced | tsp. salt |
| 1 | 1 | 1 1/2 |
| small onion, diced | zucchini, cubed | tblsp. curry powder |
| 1 | 1 | 1 |
| tsp. fresh ginger root, minced | yellow squash, cubed | cup frozen green peas |
| 4 | 1 | 1/2 |
| cloves garlic, minced | eggplant, cubed | green bell pepper, chopped |
| 2 | 3 | 1/2 |
| potatoes, cubed | tblsp. grounded unsalted cashews | red bell pepper, chopped |
| 4 | 1 | 8 |
| carrots, cubed | 4 oz. can tomato sauce | cup heavy cream |
| | | 1 |
| | | bunch fresh cilantro |

DIRECTIONS

- Heat the oil in a skillet over medium heat. Stir in the onion and cook until tender. Mix in the ginger and garlic and continue cooking for one minute. Add the potatoes, carrots, jalapeño, zucchini, squash, eggplant, cashews and the tomato sauce.
- Season with salt and curry powder. Cook and stir for 10 minutes or until the potatoes are tender.
- Add the peas, green bell pepper, red bell pepper and heavy cream into the skillet. Reduce heat to low, cover and simmer for 10 minutes.
- Garnish with cilantro to serve and enjoy!

