



Spiced Coconut Sautéed Vegetables

Serve with Basmati rice - easy recipe for the young cooks in your family

- 1 medium onion, finely chopped
- 3 carrots, peeled, cut ½ inch rounds
- 5 ounces green beans. Trimmed, cut 1-1/2 inch pieces
- 1/3 head medium fresh cauliflower, trimmed, cut about 1-1/2 inch pieces
- 1 medium potato, peeled; cut ½ inch cubes
- 2 to 4 cups cooked basmati rice
- 3 Tablespoon olive oil, divided
- 1 teaspoon tomato paste
- 3 Tablespoons cashew or almond butter
- 1/2 cup plain yogurt
- 1 (15 oz.) can coconut milk
- 1 cup water
- 1 teaspoon granulated sugar
- 1 teaspoon salt or as desired
- 1-1/2 cups frozen peas
- Ground black pepper as desired

- Prepare the Korma Spice Mix.
- Prep the onion, carrots, beans, and cauliflower; set aside. Prep the potato; place in bowl; cover with water; set aside.
- Prepare the rice using package directions; mix 2 Tablespoons olive oil in cooked rice.
- **Prepare the Vegetables and Sauce:**
- In a Dutch oven or heavy bottomed pot, heat 1 Tablespoon oil over medium high heat.
- Add the prepared Korma Spice Mix and onions; sauté for about 2 to 3 minutes. Drain the potatoes and add them to the pot; stir to combine. Add the carrots, cauliflower, and green beans.
- Add the tomato paste, cashew butter, yogurt, coconut milk, 1 cup water, sugar, and 1 teaspoon salt; bring to a boil. Lower the heat; cook for about 8 minutes.
- Add the peas; continue cooking for 2 to 3 minutes or until vegetables are tender. Season with salt and black pepper to taste.
- **To Serve:** For individual servings: place a scoop of rice into serving bowls; ladle vegetable korma over the top with some sauce. Serves: 4

Korma Spice Mix

1 Tablespoon ground cashews

1 teaspoon (each) curry powder; cumin, ground coriander, garlic powder, salt, ground ginger

1/2 teaspoon (each) garam masala, chili powder

1/4 teaspoon (each) ground cinnamon, turmeric

Combine all spice ingredients in small bowl or plastic bag; mix well.

Inspired Recipe from: Rowena Scherer, *A Taste of the World* - Celebrating Global Flavors with Family Friendly Recipes

About the Recipe: This recipe is a creamy, flavorful curry, filled with six different vegetables and seasoned with a blend of flavorful spices. The sauce and vegetables are spooned over Basmati rice. The aromatic and mild flavor of the rice enhances the bold flavors of Indian spices and sauce. The directions and simple steps are easy enough for youngsters in the family to join in the cooking fun.