

DELICIOUS CURRY

Ingredients:

4 carrots, medium diced
2 cups frozen or fresh green beans, halved
1 small cauliflower, separated into florets
1 large baking potato, cut into small cubes
2 medium onions, chopped
3 medium ripe tomatoes, peeled and grated
1 green chili pepper, seeded and chopped
½ cup vegetable oil
1 tsp ground coriander
1 tsp ground turmeric
4 Tbsp curry powder
2 Tbsp ginger, minced
3 garlic cloves, minced
Salt

Instructions:

- Heat the oil in a large saucepan. Sauté the onion, garlic and ginger for about 5 minutes.
- Add the carrots and cook for another 10 minutes.
- Add the remaining ingredients to the pot and mix. Stir occasionally.
- Cook for about 20 minutes, until the vegetables are tender. Make sure the potato is cooked thoroughly.
- Enjoy with a side order of rice.

Serves 4-6 people

Tip: when you use hot peppers, such as chilli or jalapeno peppers, you can control the level of spiciness by discarding the seeds or using them in your recipes. The seeds increase the spiciness. Cooking the pepper will lower the spicy level.



Good TO KNOW

Learn to slow down at meal time. It takes about 20 minutes for your brain to tell your body you are full. Take some time at your next meal before treating yourself to seconds.