

EASY POTATO CURRY

VIDEO TO HELP!

Use camera on smartphone or QR code reader to open link!



NUMBER OF SERVINGS

6-8 servings

INGREDIENTS

- 2-3 cloves of garlic
- 1 onion
- 3-4 potatoes
- 3 whole carrots
- 1-2 tbsp curry powder
- 1 tbsp turmeric & 1 tbsp of garam masala (optional)
- 1 can unsweetened coconut milk
- 1 cup of water or broth
- 1 tbsp tomato paste (optional)
- 1 cup of peas (canned or frozen is fine)
- salt & pepper as needed

PREPARATION

1. Chop onion, carrots, and potatoes (no need to peel the potatoes just wash thoroughly and keep skins on for added nutrients!). Mince garlic.
2. Add oil to large pot and stir in garlic and onion. Let cook until fragrant. Stir in curry powder.
3. Then add in potatoes and carrots to pot. Stir in turmeric and garam masala (optional).
4. Stir in coconut milk, water (or broth), tomato paste, and peas. Let sit on med-high heat until it begins to boil.
5. Once mixture boils, turn heat to low and cover pot for 10-15 minutes.
6. Then take off heat and enjoy!

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