

# Curry Vegetables

Curry is typically used to make a spiced sauce or gravy for vegetables, stews, or meats served in southern India.

Makes: 6 servings (1/2 cup each)

Prep time: 20 minutes  
Cook time: 10 minutes

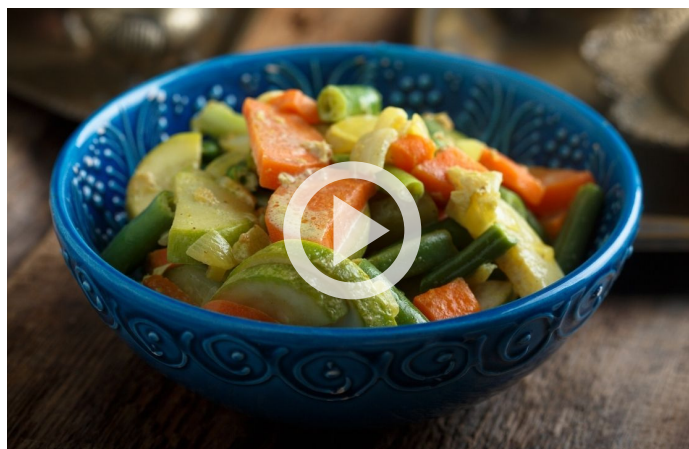
Source: [teamnnutrition.usda.gov](http://teamnnutrition.usda.gov)

## Ingredients

- 2/3 cup fresh chopped onion
- 1 cup white potatoes, peeled, 1/4" cubed
- 1/2 cup tomatoes (fresh or diced canned low sodium/no added salt)
- 1/2 cup water
- 1 1/2 cup green beans (frozen, cut)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon curry powder, dry, ground
- 1/2 teaspoon salt, table

## Directions

1. Wash hands.
2. Spray a small skillet with nonstick cooking spray, and heat on medium.
3. Cook onions and potatoes for 5 minutes or until onions are tender. Stir frequently.
4. Stir in tomatoes and water. Increase heat to medium-high. Cover, and cook for 5 more minutes.
5. 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 degrees fahrenheit or higher for at least 15 seconds.
6. Serve 1/2 cup.



## Small Changes, BIG Difference!

Click image to watch recipe video.



### Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	54
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	N/A
Sodium:	246 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	2 g

### Utensils Needed

- Knife
- Cutting Mat
- Small skillet

# SHOPPING LIST

Average total cost without oil and seasonings for Curry Vegetables: \$9.27

Average cost/serving: \$1.85

## Ingredients



Add 1 to Cart  
Onion



Add 1 to Cart  
Tomato



Add 1 to Cart  
Green Beans (Frozen)



Add 1 to Cart  
Curry Powder



Add 1 to Cart  
White Potatoes



Add 1 to Cart  
Garlic Powder

## SAVE TIME, SAVE MONEY

- Leftover curry vegetables can be stored, covered tightly, in a container in the refrigerator. Use within 3-4 days.

## My Cooking Notes