

Vegetable Curry

You will need:

Shopping List	
Miscellaneous	
Oil or ghee	2 tablespoons
Fresh garlic	3 cloves
Tomato paste	1 tablespoon
Onions	1 large
coconut milk	1 cup
Lime juice	2 tablespoons
Fresh cilantro	garnish
Chicken broth or vegetable broth	2 cups
Chick peas or garbanzo beans	1 can
Crushed or chopped tomatoes	1 can
Cauliflower	1 small
Carrots	2 large
Spinach	4 oz.
Lime zest	1 teaspoon
Sweet potatoes	1 lb.
Rice	sm. bag
Pappadums (optional)	1 box
For non-meat eaters - vegetables, tofu, plant protein or fish can be substituted in any recipe. Adjust cooking times accordingly.	



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