



Coconut Vegetable Korma



- 1 can of coconut milk (13.5 ounce)
- 1 medium onion diced or julienned
- 1 ½ Tbsp. fresh minced ginger
- 4 cloves of fresh minced garlic
- 3-4 cups of vegetables (potato, carrot, cauliflower, peas, and peppers work great)
- 1/2 cup ground cashews
- 1 ½ tsp. turmeric
- 1 ½ tsp. paprika
- 1 tsp. black peppercorns
- 1 Tbsp. mustard seed
- 1 tsp. salt
- 1 cup water
- 2 tsp. sugar
- 2 Tbsp. garam masala
- 1 tsp. fennel seed
- 1 tsp. cardamom
- 1 tsp. fenugreek
- 2 tsp. coriander
- Oil for cooking veggies



Directions

Yield: 5 servings
Serving Size: 1 cup



1. Cook onion in oiled skillet on medium high until onions begin to brown. Turn down heat to medium low and add ginger and garlic.
2. Toast whole spices on medium until readily fragrant, stirring consistently. Grind spices into a fine powder and add to cooked down onion mixture.
3. Add chopped vegetables and coconut milk, water, and cashews.
4. Let cook at a simmer for 25 minutes or until vegetables are tender but not too soft. Finish with garam masala, salt, sugar and lemon juice.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



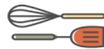
Nutrition Facts



Nutrition Facts	
5 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	340
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 52g	19%
Dietary Fiber 15g	54%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Sugar Alcohol 0g	
Protein 10g	20%
Vitamin D 1mcg	4%
Calcium 206mg	15%
Iron 306mg	1700%
Potassium 988mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Make your garam masala as fresh as possible because it loses its potency after about a month.
- This is a good dish to utilize any veggies you've had in your fridge for a bit.
- You can substitute watered down mashed potatoes for the coconut milk if needed.
- You may have to add water and adjust spices if the mixture becomes too thick.

Second Harvest is an equal opportunity provider.



Fast Facts



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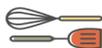
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