

Indian Vegetable Curry



4- 6 servings



3 minutes in InstaPot

Ingredients

- 2 tsp curry powder
- 1 1/2 tsps ground cumin
- 1 1/2 tsps ground coriander
- 1 tsp ground turmeric
- 1/4 tsp ground cardamom
- Pinch cayenne
- Pinch red pepper flakes
- 1 can crushed tomatoes (28 oz)
- 1 1/2 cup unsweetened soy or almond milk
- 1 cup diced onion
- 1 tbs finely chopped ginger
- 2 tsp finely minced garlic
- 1/2 tsp fine sea salt
- 3 cups cubed sweet potato
- 2 cups cauliflower florets
- 12 oz green beans cut into 1 inch lengths
- 1 can chickpeas
- 2 cups spinach rolled & sliced

Method

1. In a small nonstick skillet, toast the curry powder, cumin, coriander, turmeric, cardamom, red pepper flakes, and cayenne until they become aromatic and slightly darker.
2. Add the rest of the ingredients to the Instapot with the spices and cook on high for 3 minutes with a quick release.
3. Add the spinach, stir until wilted. *It will thicken up as it cools. If you want a thicker consistency you can pulse a few cups in a food processor.

This can also be made on the stove top. You can steam/roast the sweet potatoes, cauliflower, and beans before adding them with the tomatoes, onion and spices. Simmer for 20 -30 minutes until all veggies are tender and flavors come together.