

A Fast-Friendly RECIPE from ByziMom.com!

# Quick, Golden Vegetable Curry



*This is a wonderful way to use up some leftover vegetables! You can use almost anything!*

*Serve it with a simple side salad made of some diced cucumber dressed with a sweet seasoned rice vinegar to cut the heaviness of this dish.*

*A favorite dish of the people of Kerala, India, it's a perfect dish to serve on the feast of St. Thomas on October 6!*

## Ingredients

### For the Curry Sauce:

- 2 cloves garlic, minced or finely grated
- 1 inch piece of ginger, minced or finely grated
- 2 baked (microwaved) and peeled sweet potatoes
- 1 large tomato
- Dash red pepper flakes
- ½ tsp ground cinnamon
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 Tbsp turmeric
- 1 Tbsp peanut butter or PB2 powder
- 1 16 oz can of coconut milk (or for fat-free use ½ cup dry, rolled oats)
- 2 cups water or vegetable broth

Place all ingredients into a blender and blend until smooth. Transfer to a large stew pot along with an additional 2 cups of vegetable stock or water, and bring to a simmer.

## Preparation

While the sauce comes up to temperature, prepare about 3-4 cups of vegetables. Choose any or all of the following:

- Potatoes, white, red, blue, or sweet, peeled and diced
- Carrots; peeled and diced
- Peppers, any kind! It's your choice, sweet or hot; roughly chopped
- 1 can chickpeas, drained and rinsed
- Spinach or other greens; about 1 bunch, washed thoroughly
- Serve over sticky rice, garnished with fresh cilantro, shredded unsweetened coconut, or chopped peanuts or cashews.

**Variations:** *My family loves to make this same curry sauce with different vegetables. For instance, sometimes we like it with cauliflower, sweet potatoes and chickpeas, or just spinach and chickpeas, or just lots of spinach and some pan-fried tofu cubes; sometimes we like it with just chick peas and lots of sriracha sauce; or with green beans or cabbage; and sometimes we like it with everything in it but the kitchen sink!*