



Easy Vegetable Curry

Prep Time: 30 min

Cook Time: 20 min

Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 2 cups coconut milk
- 1-2 tablespoons curry powder
- 4 teaspoons soy sauce
- 4 teaspoons maple syrup or brown sugar
- ½ teaspoon salt
- ½ yellow onion, diced
- 1 yellow squash, diced
- 1 zucchini, diced
- ½ large eggplant, diced small
- 1 cup canned or cooked chickpeas (garbanzo beans)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Heat the olive oil over medium heat. Add the onions and garlic, and cook until tender.
2. Add the coconut milk, curry powder, soy sauce, maple syrup or brown sugar, and salt. Stir well and bring to a simmer.
3. Add the squash, zucchini, eggplant, and chickpeas to the curry sauce. Cover the pan and allow the curry to cook until the vegetables are tender (for about 10 minutes).
4. Turn off the heat and stir one last time before serving. Serve over rice and enjoy!

Curry powder is a mixture of spices. It might include ginger, turmeric, coriander, cinnamon, cumin, black pepper, and others. In India cooks often grind spices fresh for each dish. Curry powder is a quicker way to add Indian flavors to food.



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