

PLANT POWERED 30 AFGHAN-STYLE VEGETABLE KORMA



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SERVES 6 | PORTION 1 ½ cups

INGREDIENTS

- ¼ cup olive oil
- ¾ cup yellow onion, small dice
- ½ teaspoon dried coriander
- ¾ teaspoon paprika
- ½ teaspoon ground black pepper
- 1 teaspoon granulated garlic
- ¼ teaspoon turmeric powder
- 2 cups fresh tomato, small dice
- ¼ cup tomato paste
- 1 quart hot water
- 2 cups green beans, cut in half
- 2 cups bell peppers, julienned
- 1 cup yellow onion, julienned
- 4 cups potato, small dice
- 2 cups garbanzo beans, rinsed and drained
- ¼ cup fresh cilantro, chopped

PREPARATION

1. In a 6-quart pot or larger, heat olive oil on medium-high heat.
2. Add diced onion, coriander, paprika, black pepper, granulated garlic, turmeric, and sauté all ingredients for 5 minutes.
3. Stir in tomatoes, cover, and cook for 5 minutes.
4. Stir in tomato paste and cook for 5 minutes.
5. Pour in the hot water, bring to a boil and reduce heat to medium.
6. Stir in green beans and cook for 5 minutes.
7. Add peppers, julienned onions, and potatoes. Cover and cook until a knife inserts easily into the potatoes, approximately 5-6 minutes.
8. Stir in garbanzo beans and cilantro.
9. Heat for 5 more minutes.
10. Serve the Vegetable Korma on its own or with prepared basmati rice and naan bread.

