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Easy Vegetable Curry

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Introduction:

Curries are a great way of bringing diverse ingredients in a satisfyingly spicy whole. This simple one is more Western than Eastern in that it takes a couple of shortcuts (curry powder, bullion cube, etc.) along the way, but you'll enjoy the end product and the time you save making it. If you want to make it more rich and filling, you can add some plain yogurt or a can of coconut milk. Serve over basmati rice or eat it as a thick soup.

Preparation:

1. In a large saucepan over medium heat, saute onion and garlic until golden. Stir in curry powder and tomato paste, cook 2 to 3 minutes.
2. Stir in mixed vegetables, water, vegetable bouillon cube, salt and pepper to taste. Simmer approximately 30-40 minutes until vegetables are soft, adding water, if needed, to achieve desired consistency.
3. Sprinkle with fresh cilantro prior to serving.

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Cuisine:
Asian [2]
Dietary Consideration:
vegetarian [3]
Recipe Type:
main dishes [4]
Ingredients:

- 1 tablespoon clarified butter or peanut oil
- 1 onion, chopped
- 2 cloves crushed garlic
- 2 1/2 tablespoons curry powder
- 2 tablespoons tomato paste
- 1 cube vegetable bouillon
- 1-2 pounds of assorted, finely chopped vegetables (cauliflower, green beans, tomatoes, carrots, okra,

squash, etc)
- 2 cups water
- salt and pepper to taste
- 2 tablespoons chopped fresh cilantro
- 1 cup of plain yogurt or 1 can of coconut milk (optional)

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