Savory Vegetable Curry Over Rice — INGREDIENTS

- Nonstick vegetable cooking spray
- 1 tsp olive oil
- 1/4 cup chopped onion
- 1 minced garlic clove
- 1/2 cup sliced carrots
- 1 cup cauliflower florets
- 1/4 cup red potatoes, cut into 1-inch cubes
- 1/3 cup vegetable broth
- Pinch curry powder
- Pinch cumin
- Pinch coriander
- 1/2 tbsp flour
- 3 tbsp water
- 1/2 chopped medium tomato
- 1 tsp chopped fresh parsley
- 2 tbsp petite green peas
- Pinch salt-free herb seasoning blend
- 3 tbsp long-grain white rice, cooked according to directions without salt or fat
- 3 tbsp chopped dry-roasted peanuts

Nutritional Content

Per Serving

Calories	441 cal	Cholesterol	0mg
Protein	15g	Sodium	637mg
Carbohydrate	64g	Calories from Fat	34%
Fat	17g	Fiber	10g
Saturated Fat	2g		

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See reverse for instructions

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Savory Vegetable Curry Over Rice — INSTRUCTIONS

In a saucepan sprayed with nonstick vegetable cooking spray add olive oil, chopped onion, and garlic. Saute for 1 to 2 minutes. Add sliced carrots, cauliflower florets, red potatoes, vegetable broth, curry powder, cumin, and coriander. Bring to a boil, cover, and reduce heat to simmer, cooking for 20 to 25 minutes or until vegetables are tender. Mix flour with water in a small bowl and add to saucepan. Add tomato, parsley, green peas, and salt-free seasoning. Stir for 3 to 4 minutes until liquid is thickened. Serve over hot cooked rice and top with chopped dry-roasted peanuts. Serves 1.

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