



### **Vegetable Curry**

2-3 Tbs Cooking oil

1/2 Onion, diced

2-3 Garlic cloves, minced

1-inch piece Ginger root,  
minced

1 tsp Coriander powder

1 tsp Cumin powder

1 tsp Curry powder

½ tsp Tumeric powder

½ tsp Panch Puran

2lbs seasonal vegetables  
(potatoes, carrots, cabbage,  
zucchini, etc)

½ cup water

Salt to taste

Cilantro for garnish

Add oil to a fry pan over medium heat

Add onion to oil after it has warmed

Add garlic and cook until golden brown

Add spices and cook until fragrant

Add vegetables and water

Salt to taste

Cover frying pan and cook for 15 min

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