

Notes:



NORTH SARAH FOOD HUB

Flavorful Recipe Of Coconut Chickpea & Veggie Curry Stew

How To Make It

Prep

1. Steam the carrots & parsnips for 10 minutes. 2. Steam potatoes for 20-25 minutes.

Instructions

1. Saute onions, ginger & garlic with grapeseed oil until onions are translucent. Add Spice Mix.
2. Add vegetable broth or water, tahini & coconut milk. Let simmer for 10 minutes
3. Mix in chickpeas & steamed potatoes. Let simmer for another 10 minutes. Then add in steamed carrots & parsnips.
4. Lastly, add in kale & tomatoes. Let cook until kale is wilted. Taste for flavor & add in curry powder + salt, if necessary. Turn off & remove from heat.



Ingredients

- 2-3/4 tbs Grapeseed Oil
- 1-1/2 tsp Minced Garlic
- 1-1/2 tsp Garam Masala
- 1/3 cup Organic Curry Powder
- 1-1/2 tsp Ginger, grated/minced
- 3 tbs Tahini
- 3 cup Chickpea
- 1-1/2 Yellow Onion(ea)
- 5 cup Organic Raw Kale
- 7 cup Coconut Milk
- 1 tbs Kosher Salt
- 1-1/2 cup Diced Carrot
- 1 cup Raw Parsnip
- 1 cup Roma Tomato
- 1-1/2 cup Russet Potatos
- 1 cup Vegetable Broth/Water

Spice Mix

- 1 cup Organic Curry Powder
- 1/3 cup Kosher Salt
- 3 tbs Garam Masala

More Information

Visit our Recipe Library at:
www.copiausa.com/cooknow



314-818-2685
www.northsarahfoodhub.com
St. Louis, MO

