

# Vegetarian Korma

Seaway Tech  
BOCES Seaway Technical Center; High School Division



2013

## **Ingredients:**

3 Tbsp	Olive Oil
2 cups	1% Milk*
1	Red Bell Pepper, Chopped
1	Green Bell Pepper, Chopped
2 tsp	Fresh Ginger Root, Minced
8	Garlic Cloves, Minced*
2 cups	Broccoli Florets, Frozen**
8	Carrots, Cubed*
4	Potatoes, Cubed*
1 8 oz can	Crushed Tomato
2 bunches	Cilantro, Fresh*
1 12 oz box	Whole Wheat Rotini Pasta**
½ cup	Onion, Diced*
2	Jalapeno Peppers, Seeded & Sliced
1 Tbsp & 1 tsp	Salt
2-2 ½ Tbsp	Curry Powder (or to taste)
1 15.5 oz can	Pinto Beans**
1 oz	Spinach, Fresh*

## **Directions:**

1. Place 4 cups of water in a sauce pan, bring to a boil and add pasta and cook for about 6 minutes.
2. Strain and rinse noodles with cold water and set aside.
3. Measure and cut/chop all ingredients first and put into separate containers. Also measure salt, curry powder and beans.
4. Heat oil in a skillet over medium heat.
5. Sauté onions until slightly browned.
6. Mix in the ginger root and garlic and cook for one minute on low heat.
7. Add in the potatoes, carrots, jalapeños, and crushed tomato, cook until vegetables are al dente.
8. Add salt, curry powder, pinto beans to vegetable and sauce mixture.
9. Cook for 5 minutes then add the broccoli.
10. Cook an additional 5 minutes if needed.
11. Stir in the green and red bell peppers and milk.
12. Simmer for 5-8 minutes or until the temperature reaches 165 degree.
13. Portion 8 oz servings on 4 dinner plates.
11. Garnish with cilantro and serve.

\*Local Product

\*\*Commodity (USDA) Product