

# Cook whats in your Kitchen



*\*In order to promote flexibility and keep grocery costs low, we have included excellent substitutes that you might have around the house that you can used.*

**Onions** *\*green onions, onion powder*

**Ginger** *\*ginger powder, turmeric*

**Garlic** *\*garlic powder, minced garlic in oil*

**Curry powder** *\*cumin, coriander, garlic and onion powder, fenugreek, curry paste*

**Potatoes** *\*sweet potatoes, yams, any winter squash*

**Carrots** *\*any root vegetable*

**Sweet peas (frozen)** *\*any green or frozen green vegetable such as beans or broccoli*

**Coconut milk** *\*cream or any plant-based milk*



- 1) Chop all ingredients
- 2) sauté onions until translucent as garlic and ginger. Sauté another minute and add spices your using.
- 3) Add your potatoes, carrots, and squash if using. Stir.
- 4) Add in coconut milk if using or other liquid you using
- 5) simmer on low for 10 to fifteen minutes or until potatoes are almost tender
- 6) Add in frozen peas or spinach and simmer for another 3-5 minutes. If using broccoli, cut really small and add at same time as spinach and peas or if cut larger add a bit earlier to allow it to cook fully.
- 7) add salt and taste test.
- 8) serve over rice, quinoa, millet or other grain you choose to cook.

*Note: if you do not have any curry powder, we encourage you to purchase some, as this recipe is a delicious but flexible way to use up extra produce made easy by the addition of spice mix. We will be using the no frills basic curry (coriander, turmeric, celery seed, fenugreek, black pepper, cumin, ginger, nutmeg, chili, bay leaves, onion powder, cloves) but you can use any curry powder that meets your desired spice level.*

