



YMCA of Greater Nashua Recipes

Staff Recipe

Easy Vegetable Korma

Submitted by Kim Adie



INGREDIENTS

- 14 ounce can diced fire roasted tomatoes
- 1 medium onion, quartered
- 1 inch fresh ginger, peeled
- 3 gloves garlic
- 2 Tablespoons olive oil
- 1 cup raw cashews
- 13.5 ounces of full fat coconut milk
- 1 Tablespoon garam masala
- 1 Tablespoon curry powder
- 1 teaspoon dried coriander
- 1 teaspoon turmeric
- ¼ teaspoon cayenne pepper, or more if you like spice!
- 16 ounce bag "California" blend veggies (carrots, cauliflower, broccoli)
- ½ cup frozen green beans
- ½ cup frozen peas
- 1 can chickpeas, drained
- Salt, to taste

Serves 8-10 (Perfect for meal prep!)
Spice up your meatless Monday routine.
Frozen vegetables make this easy!

DIRECTIONS

- In a small bowl, cover the cashews with boiling water and allow to soak and soften for at least 15 minutes.
- Add the tomatoes, onion, ginger and garlic to a high speed blender or food processor and puree until smooth.
- Add tomato puree to a large pot with the olive oil and simmer, stirring often for 5 minutes. Add the spices and simmer for another 3 minutes.
- Drain the cashews and add to the same blender or processor (no need to clean) with the coconut milk and puree. Add to the simmering pot and stir well.
- Add all your frozen veggies and chickpeas to the pot and cook until they've warmed through. Taste and season with salt to your liking.
- Serve over rice.

NOTES

Have a nut allergy?

Use two cans of coconut milk instead of the cashews and skip the first task in the directions.