# Bell Pepper in Spicy Gravy

*by Anand Lila devi dasi*

*"Eating prasadam is a nice process of purification."*

**Ingredients**

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| Oil | 2 Tbsp |
| Bell peppers cut in strips | 2 |
| Coriander powder | 1 ½ Tsp |
| Red chili powder | ½ Tsp |
| Ginger grated | 1 Tbsp |
| Green chilies chopped | 2-3 |
| Tomatoes blended | 3 |
| Salt | 1 Tsp |
| Kasuri methi (dried fenugreek leaves) | 1 Tsp |
| Garam masala | 1 Tsp |
| Yogurt | 1 C |

**Preparation**

1. In a pan, heat 1 Tbsp of oil; sauté the bell peppers till tender-crisp. Remove from heat.
2. Heat the remaining oil; add coriander powder and red chili powder, sauté them for 30 seconds. Add green chilies, ginger and stir fry them for 1 minute. Add the blended tomatoes, salt and cook till oil comes on top of the surface.
3. Add the kasuri methi, garam masala and bell peppers; cook for few minutes.
4. Stir in the yogurt and take off from the heat immediately. Serve hot with chapatis.

**Serves** Four-Five

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