Carrots, Beans and Zucchini Mix

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

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Ingredients

Carrots, cut into 1.5 inch strips.....1 C
Green beans, cut in 1.5 inch lengths..... 1 C
Zucchinis (or any other squash), cut in 2cm cubes..... 2 C
Ghee/oil.....2 Tbsp
Black mustard seeds..... 1 Tsp
Fresh curry leaves..... 8-9
Green chilies, minced..... 2
Turmeric powder..... ½ Tsp
Coriander powder.....1 Tsp
Salt.....1 Tsp

Preparation:

1) Heat ghee/oil in a pan over moderate heat. When ghee is hot, add mustard seeds. When the mustard seeds crackle, add the curry leaves and green chilies, sauté for a while. Add the carrots and beans and stir-fry for 5 minutes.

2) Add the zucchinis, turmeric and coriander powder and stir momentarily. Simmer and cover until the vegetables are tender. Add the salt and cook uncovered for 2-3 minutes. Take off from the heat source and serve hot.

Serves: Five-Six

For further details please contact : anandliladd@gmail.com