

Recipe

Simple Mixed Vegetables

By

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Ingredients

- 2 Tsp oil
- ¼ Tsp yellow asafetida powder
- ½ Cabbage, thinly sliced
- 1 Tsp black mustard seeds
- 1 Tsp cumin seeds
- 1 Tbsp ginger, finely grated
- 1 green chili, chopped
- 1 medium sized potato, peeled and cut lengthwise
- 1 large bell pepper (capsicum), cut lengthwise
- 2 small carrots, peeled and cut matchstick style
- ¼ Tsp turmeric powder
- 1 Tsp ground coriander
- 1 Tsp salt
- 1 Tsp garam masala
- 2 Tbsp chopped fresh coriander leaves

Preparation

1. Heat ¾ Tsp of oil in a pan over moderately high heat. Sprinkle asafetida powder. Add the cabbage and stir-fry until tender crisp. Remove from heat and keep aside.
2. In the same pan, heat the remaining oil; add the mustard seeds and cumin seeds. When the seeds darken a few shades, add ginger and chili. Saute for a while. Add the potato and sauté well. Cover and cook over medium heat for 5 minutes.
3. Add the bell pepper, carrots, turmeric and coriander. Cover again and cook over low heat until the vegetables are tender.
4. Add the salt, garam masala and coriander leaves. Cook covered for 2-3 minutes. Add the stir fried cabbage and combine well. Serve hot.

Serves

4-5

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Hare Rama Hare Rama Rama Rama Hare Hare**