

South Indian Curry

Curry paste:

- 1 large onion, cut into 1-inch chunks (about 2 cups)
- 3 large garlic cloves, peeled & grated
- 1 (2-inch-long) piece peeled fresh ginger (about 2 ounces)
- 3 tablespoons olive oil
- 1 tablespoon garam masala
- 2 teaspoons ground cumin
- 1/2 tsp ground cardamom

To add to the curry paste:

- 2 tablespoons tomato paste
- 3 cups vegetable broth
- 1tbsp lime juice
- 1 can coconut milk
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Options for vegetables to add:

- 2 large carrots, cut into 1/2-inch rounds
 - 1 pound yams, cut into 1-inch cubes
 - 12 ounces russet potatoes, peeled, cut into 1-inch cubes
 - 4 ounces baby spinach leaves
 - 1 medium squash (not spaghetti squash) cut into 1-inch cubes
 - 1 small pumpkin cut into 1-inch cubes
- Puree first 7 ingredients for the curry paste in the food processor until a paste forms.
 - Cook in large pot over medium heat until aromatic, stirring often, about 10 minutes.
 - Add tomato paste. Cook about 5 minutes longer.
 - Add broth & lime juice. Simmer 10 minutes, stirring often.
 - Add vegetables & spices to mixture in pot. Bring to boil, then reduce heat to medium low. Cover and simmer until vegetables are tender, stirring occasionally, about 25 minutes. Add spinach, if desired, and cook until wilted, about 3 minutes.