

VEGETABLE VINDALOO OVER RICE



Ingredients

Servings: 6

- 1 teaspoon cardamom
- 1 tablespoon cumin, roasted, ground
- 1 tablespoon coriander
- 1/2 teaspoon cloves
- 1/4 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 2 tablespoons canola oil
- 10 ounces onions, diced
- 1/2 teaspoon mustard seed
- 2 tablespoons ginger root, minced
- 2 tablespoons Fresno chili peppers, sliced thin
- 1 1/2 cups diced tomatoes, canned, drained
- 1/4 cup apple cider vinegar
- 2 cups water
- 1 tablespoon sugar
- 2 cups sweet potatoes, peeled, 3/4-inch dice
- 2 cups garbanzo beans, canned, drained, rinsed
- 4 ounces spinach, chopped
- 2 tablespoons cilantro, chopped
- 3 cups basmati rice
- 3 naans, cut in half
- Combine the 7 spices and set aside.
- Heat the oil in a heavy-bottom pot, and then add the diced onions and mustard seed. Sauté on medium-low heat for 5 minutes, until slightly browned. Stir in the spice mix, ginger and chilies and cook for 3 more minutes. Add the tomatoes, vinegar, water and sugar and bring to a boil. Cover and simmer for 20 minutes.
- Add the sweet potatoes and beans; simmer for another 20 minutes, covered. When the potatoes are tender, add the spinach. Stir until the spinach wilts and simmer until the sauce thickens. Garnish with the fresh cilantro.
- Hold hot for service.

Side dishes

- Rice
- Naan

