



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Ginger, Split Pea & Vegetable Curry

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Ingredients

- 1 large potato(es), russet, peeled and cut into 1/2-inch cubes
- 1/2 cup(s) peas, yellow split
- 1 cup(s) cauliflower, florets
- 1 cup(s) beans, green, (1-inch pieces), frozen or fresh
- 1 medium carrot(s), cut into 1/4-inch-thick slices
- 8 ounce(s) eggplant, cut into 1/2-inch cubes
- 1/2 teaspoon turmeric, ground
- 1 3/4 teaspoon salt
- 1 tablespoon oil, canola
- 1 teaspoon cumin seeds
- 4 clove(s) garlic, cut into thin slivers
- 2 pepper(s), green chile, fresh, stemmed and thinly sliced crosswise (do not seed)
- 1 tablespoon cornstarch
- 1/4 cup(s) cilantro, fresh, finely chopped
- 4 slice(s) ginger, fresh, cut into matchsticks
- 1 lime(s), Juice from 1 medium lime
- 1 teaspoon butter, or ghee



Preparation

1. Place potatoes in a small bowl and cover with cold water. Place split peas in a large saucepan. Fill the pan halfway with water and rinse the peas by rubbing them between your fingers. (The water will become cloudy.) Drain. Repeat three or four times, until the water remains relatively clear; drain.
2. Add 4 cups water to the split peas and bring to a boil over medium-high heat. Skim off any foam that rises to the surface. Drain the potatoes and add to the peas. Return to a boil, reduce heat to medium and simmer, uncovered, for 5 minutes.
3. Stir in cauliflower, green beans, eggplant, carrot, salt and turmeric. Return to a boil; cover, reduce to a gentle simmer and cook, stirring occasionally, until the vegetables are fork-tender and the peas are soft but firm-looking, 7 to 10 minutes more.
4. Meanwhile, heat oil in a small skillet over medium-high heat. Add cumin seeds and cook until they sizzle and smell fragrant, 15 to 20 seconds. Stir in garlic and chiles to taste and cook, stirring, until the garlic is light brown and the chiles are fragrant, 1 to 2 minutes. Remove from the heat.
5. Stir the garlic-chile mixture into the cooked vegetables. Scoop a ladleful of cooking water from the saucepan to the skillet; swish it around and pour the “washings” back into the saucepan.
6. Whisk cornstarch with 3 tablespoons of the cooking liquid in a small bowl until smooth. Stir it into the stew along with cilantro and ginger. Increase heat to medium-high and simmer the curry, uncovered, stirring occasionally, until the sauce thickens, about 2 minutes. Stir in lime juice and ghee (or butter), if using.