

Southern Vegetable Curry with Tomato Sauce

From: www.gingerlemongirl.com

For the Curry:

1 tablespoon olive oil
1 green -or- red bell pepper
1 (16 oz) package of thawed California vegetables (broccoli, cauliflower, and carrots) -or- whatever veggies you prefer!
1 clove garlic, crushed
1 cup fresh vegetables of your choice, chopped to bite size pieces, and steamed until fork-tender (I used additional fresh broccoli)
1 russet potato, diced and boiled
1/4 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1/2 teaspoon curry powder
1/4 teaspoon salt

For the Tomato Sauce:

1 (12 oz.) can tomato puree, or sauce
1/2 teaspoon smoked paprika
1/4 teaspoon cayenne pepper
1/2 teaspoon cumin
1/2 teaspoon Saigon Cinnamon
2 tablespoons agave nectar -or- honey
1/4 teaspoon salt
2 tablespoons freshly grated parmesan cheese

Garnish (optional)

1-2 boiled eggs, cooled, peeled, and diced
freshly grated parmesan cheese
freshly ground black pepper

Directions:

For the Vegetable Curry: In your rice cooker on the COOK setting, or on the stovetop in a heavy bottomed skillet (like cast iron) add olive oil and crushed garlic and diced green or red pepper. Cook several minutes until peppers have softened slightly. Add thawed California vegetables, cup of additional vegetables, and cooked, diced potato. Add seasonings for curry. Cover rice cooker or skillet and cook for 5-10 minutes until all vegetables are warmed through.

For the Tomato Sauce:

While vegetables are heating, in a small saucepan add tomato puree or sauce and all remaining sauce ingredients including grated parmesan cheese. Stir together thoroughly and simmer until heated through.

For Presentation:

Attractively plate vegetables. For each serving of vegetables, sprinkle on diced boiled egg, tomato sauce, and a little freshly grated parmesan cheese and freshly ground black pepper.