

VEGETABLE KORMA

(from *Cooking Light* March 2011)

1 1/2 Tbsp butter
1 c. chopped onion
1 Tbsp minced peeled ginger
3 garlic cloves, minced
1 Tbsp tomato paste
1 1/2 tsp ground cumin
1/2 tsp ground red pepper
1/4 tsp ground turmeric
1/8 tsp ground cinnamon
1 c. frozen shelled edamame
1 12-oz baking potato, peeled and diced
1 c. chicken broth
1 tsp flour
1 13.5-oz can light coconut milk
3 c. cauliflower florets
2 c. hot cooked rice

Melt butter in a saucepan over medium-high heat. Add onion, and saute for 2 minutes. Add 1 Tbsp ginger and garlic; saute for 30 seconds, stirring constantly. Stir in tomato paste and spices; saute for 1 minutes, stirring frequently. Stir in edamame and potato. Combine chicken broth, flour, and milk, stirring until smooth. Add broth mixture to pan, and bring to a boil. Reduce heat, and simmer for 8 minutes, stirring occasionally. Stir in 3 c. cauliflower, and simmer for 9 minutes or until the vegetables are tender. Serve over rice. Makes 4 servings.