



# Curry Vegetables

Curry, which is identified by its golden-yellow color, is a mixture of spices, which can include coriander, turmeric, cumin, ginger, and cloves. It is typically used to make a spiced sauce or gravy for vegetables, stews or meats served in southern India. Try this recipe for a spicy twist on an everyday dish.

### CACFP CREDITING INFORMATION

1/4 cup (No.16 scoop) provides 1/4 cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	<b>1</b> Spray a large skillet with nonstick cooking spray and heat on medium heat. <b>2</b> Cook onions and potatoes for 8 minutes or until onions are tender. Stir frequently. <b>3</b> Stir in tomatoes and water. Increase heat to medium-high. Cover and cook for 8–10 minutes.
*Onion, fresh, peeled, 1/2" chopped	6 1/4 oz	1 1/3 cup	12 1/2 oz	2 2/3 cup	
*White potatoes, fresh, peeled, 1/4" cubed	12 1/2 oz	2 cup	1 lb 9 oz	1 qt	
Tomatoes, canned, diced, drained	12 1/2 oz	1 1/3 cup (1/4 No. 10 can)	1 lb 9 oz	2 2/3 cup (1/2 No. 10 can)	
Water		1 cup		2 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Green beans, frozen, cut	12½ oz	3 cup 2 Tbsp	1 lb 9 oz	1 qt 2¼ cup	<p><b>4</b> Remove lid and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, about 8–10 minutes. Stir frequently.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Garlic powder		1 tsp		2 tsp	
Curry powder, ground		1 tsp		2 tsp	
Salt, table		1 tsp		2 tsp	
					<p><b>5</b> Serve ¼ cup (No. 16 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



**NUTRITION INFORMATION**

For ¼ cup (No. 16 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>27</b>
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<b>Total fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>123 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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Vitamin D	N/A
Calcium	17 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onion	8 oz	15 oz
White potato	15 oz	1 lb 15 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**YIELD/VOLUME**

25 Servings	50 Servings
2 lb 4 oz	4 lb 8 oz
1 qt 2¼ cup	3 qt ½ cup

