



Cornell University Wellness Program
4 Easy Dinners – March 11, 2016

One-Pot Indian Stew

1 Tbsp oil
½ onion, diced
2 cloves garlic, minced
1 Tbsp minced fresh ginger
1 Tbsp Garam Masala
2 tsp. curry powder
1 (14.5 oz) can diced tomatoes
¼ cup coconut milk
2 medium potatoes, diced
1 bag frozen cauliflower florets
1 can garbanzo beans, rinsed and drained
¼ cup golden raisins
6 oz spinach

1. Heat a large saucepan or pot over medium-high heat. Add oil; swirl to coat.
2. Add onion, garlic, and ginger, garam masala, and curry powder to pot; sauté 3 minutes or until onions turn translucent.
3. Add tomatoes, coconut milk, potatoes and cauliflower to pot, bring to a boil.
4. Add garbanzo beans and raisins
5. Cover, reduce to a simmer, and cook 7 minutes or until potatoes are tender, stirring occasionally.
6. Add spinach in batches, stirring until spinach wilts. Remove from heat; let stand 5 minutes.
7. Serve hot.

Nutrition information per recipe:
1284 calories, 29 gm fat, 55 gm protein, 219 gm carbs