

Ethiopian Vegetables - Vegan

Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 40 minutes

Yield: 6
Calories per serving: 262
Fat per serving: 3 grams

'The China Study Cookbook', by Leanne Campbell, p-227.

Ingredients

- 2 large white potatoes, peeled and diced
- 2 large carrots, peeled and sliced
- 2 cups corn, frozen
- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 serrano pepper, seeded and minced
- 1/2 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1 (15-ounce) can diced tomatoes
- 1 teaspoon fresh lime juice
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Instructions

1. Place potatoes in a covered medium-sized saucepan. Add enough water to cover potatoes and bring to a boil. Cook for 7 minutes.
2. Add carrots and corn. Cover and cook for 8 more minutes.
3. Drain the potatoes, carrots, and corn in a colander.
4. In a large skillet with 2 tablespoons of vegetable broth, sauté onion, garlic, ginger, and serrano pepper until onions become soft. Stir in the seasonings and sauté for 1 minute more.
5. Add vegetable, diced tomatoes, and lime juice. Cook for 7-10 minutes over medium heat, stirring frequently. Serve hot.

Notes

Nutrition facts (per serving): Calories: 262, from fat: 0, total fat: 3g, cholesterol: 0mg, sodium: 620mg, total carbohydrate: 54g, fiber: 6g, sugar: 4g, protein: 8g.