



Organic Vegetable Masala

Servings

4

Calories

230

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Difficult

Ingredients

2 (10 ounces) packages Mann's Organic Vegetable Medley

2 large yellow onions, chopped

¼ cup extra virgin olive oil

1 tablespoon garlic, fresh, minced

1 tablespoon ginger, fresh, minced

1 tablespoon cumin

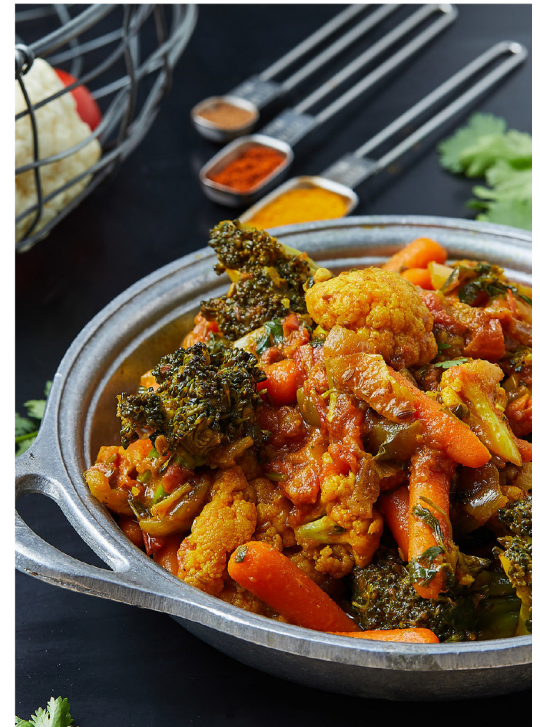
1 tablespoon coriander

1 teaspoon mild chili powder

3 Roma tomatoes, diced

¼ cup cilantro, fresh, chopped

salt to taste



The Method

Heat oil in a medium stockpot over medium heat. Add onions and cook for 10 minutes or until golden brown. Add ginger and garlic and cook for an additional 2 minutes. Add tomatoes and all the spices and cook for 10 minutes. Add Mann's Organic Vegetable Medley and salt, stir to combine, cover, and cook for 15 minutes on low heat stirring every 5 minutes. Mix in cilantro just before serving.

Nutrition Facts

Serving Size: 285g | Servings: 4

Amount Per Serving

Calories 230 | Total Fat 15g (sat 2g trans 0g) | Cholesterol 0mg | Sodium 95mg | Total Carbohydrate 21g | Dietary Fiber 7g | Sugars 8g
(Includes 0g Added Sugars) | Protein 4g | Vitamin D 0% | Calcium 8% | Iron 10% | Potassium 15%