

Curried Zucchini

Ingredients

3 yellow onions

1 Tbsp cumin seeds

1 Tbsp garlic and ginger paste (or ½ Tbsp of garlic and ½ Tbsp ginger)

1/3 cup oil

1 small can of tomato sauce (6 oz)

1-3 Tbsp of curry spices (we use Shan brand Vegetable Curry Masala but any curry spice blend will work, or make your own) and salt to taste

5 medium zucchinis

2-4 cups of water

5 small tomatoes (we use Roma tomatoes)

1 bunch of cilantro

Instructions

1. Sauté the onions with cumin seeds and the garlic and ginger. When the onions soften add the tomato sauce.
2. Season with curry seasonings and salt (watch out for spice blends that contain salt!)
3. Cut the zucchini into half circles and add to the curry. Add enough water to reach the top of the zucchini.
4. Simmer over medium heat until the zucchini is cooked but not too mushy (10 -15 minutes).
5. Turn heat to low and stir in chopped tomatoes and chopped cilantro.
6. Serve with rice or bread. Try it with plain yogurt for added protein, calcium and flavor