

Mixed Vegetable Stew - 4servings

- 1 Pound peeled and diced vegetables of your choice- cauliflower, eggplant, green peas and potatoes
 - 2 Tablespoons of Seven Happy Seeds Vegetable and Lentil Spice Blend
 - 2 garlic cloves finely chopped
 - ½ Teaspoon gingerroot finely grated (optional)
 - 1 large tomato finely chopped
 - 2 Tablespoons cilantro finely chopped
 - 1 sprig of Curry leaves (optional- available in Indian grocery stores)
 - ½ Teaspoon salt
 - 1 Teaspoon brown sugar
 - 2 Tablespoons oil
 - 2½ cups water for cooking
1. Heat oil in a cooking pan. Add spice blend and diced vegetables, and sauté lightly on medium low heat for one minute, for spices to release their aroma. Take care to not burn the spices.
 2. Add curry leaves, ginger, garlic and tomatoes and cook until tomatoes are tender.
 3. Add 2½ cups of water and cook for about 20 minutes on medium low heat, until vegetables are tender but not mushy.
 4. Garnish finished stew with chopped cilantro.
 5. Serve with steamed brown or white rice, or naan bread.

