



# Mixed vegetables

## Ingredients

- 3 tablespoons ghee or clarified butter
- 1 cup finely chopped onion
- 1 tablespoon minced fresh garlic
- 1 (½-inch) piece fresh ginger, grated
- ½ cup chopped tomato
- 1 serrano pepper, seeded and minced (optional for less heat)
- 1 cup peeled and sliced carrots
- 1 cup frozen green peas
- 1 large russet potato (about ½ pound), peeled and cut into 1-inch cubes
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon ground fenugreek seeds
- ¼ teaspoon chili powder (or to taste)
- ¾ teaspoon salt (or to taste)
- 1 tablespoon chopped fresh cilantro, for garnish (optional)

## Instructions

### 1. Start the base:

In a large nonstick pan, heat the ghee over medium heat. Add the chopped onion and cook, stirring occasionally, until golden brown—about 8 minutes.

### 2. Add aromatics:

Stir in the garlic and ginger. Sauté for about 1 minute, until fragrant.

### 3. Build the curry:

Add the tomato, serrano pepper, carrots, peas, and potatoes. Sprinkle in the turmeric, coriander, cumin, fenugreek, chili powder, and salt. Cook for 5 minutes, stirring frequently to coat the vegetables with the spices.

### 4. Simmer to perfection:

Reduce the heat to low, cover the pan, and let the vegetables steam in their own moisture for about 25 minutes, or until the potatoes are tender. Stir halfway through to prevent sticking—if the mixture becomes too dry, add 1–2 tablespoons of water and replace the lid.

### 5. Finish and serve:

Taste and adjust salt if needed. Garnish with chopped cilantro, and serve warm with naan or your favorite flatbread.