

Beet and Mushroom Curry

From – *Madhur Jaffrey's World Vegetarian*

3 Tbsp peanut or canola oil
½ tsp whole cumin seeds
½ tsp whole yellow or brown mustard seeds
6 oz medium mushrooms, halved lengthwise
14 oz beets, peeled and cut into ¾ inch dice
2 tsp peeled and grated ginger
2 large garlic cloves, peeled and crushed to a pulp
1 fresh hot green chili, very finely chopped
1 cup canned tomato sauce
1 tsp salt

- Put the oil in a medium pan and set over medium-high heat. When hot, put in the cumin and mustard seeds. As soon as the mustard seeds begin to pop, a matter of seconds, put in the mushrooms.
- Give the mushrooms a quick stir and put in the beets. Stir and fry for 2 minutes.
- Add the ginger, garlic, and chili. Stir and fry for another 2 minutes.
- Add the tomato sauce, water, and salt. Stir to mix and bring to a boil.
- Cover, reduce heat to low, and cook gently for about 40 minutes, or until the beets are tender.



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