

COUNTRY CURRY

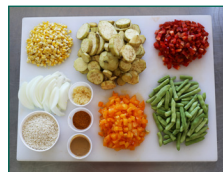
PREP TIME: 15min

COOK TIME: 35min

SERVINGS: 3-4

Ingredients

6	eggplant	1/2	onion
1	corn	4-5	cloves garlic
1/2	lb green beans	1	cup basmati rice
1	bell pepper	1	tsp curry powder
1	tomato	1	tbs tahini



- 1** wash rice, bring to boil with 2 cups water, reduce to simmer, cover for about 30min, and fluff with fork
- 2** peel and slice eggplant; blanch corn and strip kernels from cob; string (if needed) and half green beans; small dice pepper; thinly slice onion; mince garlic; and small dice tomato
- 3** in sauce pan or pot, heat drizzle of olive oil to medium-high heat; sauté bell pepper for 4min; add onion, garlic, salt, and pepper; sauté for 4min; add eggplant and 1 cup of water; reduce to simmer for 5min; stir in tahini and curry powder; simmer for 5min; add green beans, tomato, and 1 cup of water; simmer for 10min; add corn; simmer for 2-3min; salt and pepper to taste; and serve with rice [try with greek yogurt or chutney]



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