

# Vegetable Curry

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1. Wash and dry the vegetables, remove the sprout from the potatoes and medium dice. Dice the onions
2. Fill a large pot with the salted water, cover and heat to boiling on high.
3. Add the diced potatoes to the pot of boiling water and cook 10 – 11 minutes. Drain water and transfer to the bowl. set aside.
4. In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot.
5. Add the diced onion, stirring occasionally, 4-5 minutes or until lightly browned and softened.
6. Add the diced tomatoes, spices (2 teaspoons of cumin powder, 1/2 teaspoon of cayenne pepper, 4 teaspoons of curry powder) and 2 Tablespoons of **Ginger Stock Concentrate w/Umami**. Cook for 2 minutes.
7. Add rest of cans, the garbanzo beans, sweet peas, and coconut milk.
8. Bring to boil, reduce heat to low when it's boiled. Cover the pot and simmer for 10 minutes.
9. Add potatoes into the pot, blend thoroughly to combine. Cover the pot and simmer for 5 minutes
10. Serve on the dishes, garnish with the chopped parsley.