

Marrakesh Vegetable Curry

Savannah · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

A vegetablefull curry Serve this curry over your favorite rice and youre sure to have a tasty meal If you have carrotginger juice available to you try using it in place of the orange juice either one is delicious

Ingredients

- - 1 sweet potato
- peeled and cubed - 1 medium eggplant
- cubed - 1 green bell pepper
- chopped - 1 red bell pepper
- chopped - 2 carrots
- chopped - 1 onion
- chopped - 6 tablespoons olive oil - 3 cloves garlic
- minced - 1 teaspoon ground turmeric - 1 tablespoon curry powder - 1 teaspoon ground cinnamon - $\frac{3}{4}$ tablespoon sea salt - $\frac{3}{4}$ teaspoon cayenne pepper - 1 (15 ounce) can garbanzo beans
- drained - $\frac{1}{4}$ cup blanched almonds - 1 zucchini
- sliced - 2 tablespoons raisins - 1 cup orange juice - 10 ounces spinach

Instructions

1. In a large Dutch oven place sweet potato
2. eggplant
3. peppers
4. carrots
5. onion
6. and three tablespoons oil. Saute over medium heat for 5 minutes. In a medium saucepan place 3 tablespoons olive oil
7. garlic
8. turmeric
9. curry powder
10. cinnamon
11. salt and pepper and saute over medium heat for 3 minutes. Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans
12. almonds
13. zucchini
14. raisins
15. and orange juice. Simmer 20 minutes
16. covered. Add spinach to pot and cook for 5 more minutes. Serve! Colleen Seal