

Scrumptious Tomato Curry

(Easy Recipe)

(Preparation and Cooking Time: 30 minutes)

Ingredients

3-4 medium Roma tomatoes cut into long thin slices with seeds removed. *(Use your favorite tomatoes – ones that are not too sweet and not too tart are best.)*

2 medium onions cut into long thin slices

3-5 green chilies finely chopped

1 table spoon of garlic ginger paste* (recipe below or find at your local grocer)

½ cup of fresh cilantro roughly chopped

1 tsp of whole cumin seeds

¼ tsp turmeric powder

1 tsp salt (more or less according to personal taste)

½ tsp of garam masala

½ tsp of coriander powder

**Garlic Ginger Paste – best made in a large batch and refrigerated for future use.*

10 heads of garlic with skins peeled and cleaned

10 pieces of ginger chunks – (approximately 1 inch in length) - with skins peeled and chopped into large

2 tsps. of salt (for preservation)

1-2 tbs. of olive oil (for preservation)

-In a heavy duty blender or food processor, grind garlic and ginger together to a paste like consistency...should be smooth—add oil early if needed to help grind smoothly.

-Add salt and oil after and store in clean tight container. Refrigerate and use when needed.

Method

Heat oil in a medium sauce pan.

Add cumin seeds, and onions.

Add turmeric powder and ginger/garlic paste.

Sauté onions until light brown color starts to appear on edges.

Add chilli peppers and sauté for approximately 2 minutes until softened.

Add Tomatoes, cover and cook for about five minutes until tomatoes start to soften.

Add salt, garam masala, and coriander powder. Stir ingredients and allow cooking for another 10 minutes.

Add cilantro leaves and stir.

Serving suggestion: Serve with your favorite flat bread, pita, and tortillas or with rice as a main dish.

Other uses for this recipe: -

You may add a ¼ cup of heavy cream or half and half to have a cream flavored dish.

The original recipe and cream recipe may both be blended and used as a sauce over pasta.

Ingredients