

# Potato Curry

Serves 4-5



## Ingredients:

- 5-6 medium potatoes
- 1 bunch leafy greens (chard or kale work well)
- 1 TBSP olive oil
- 4-5 garlic cloves, minced
- 1 tsp cumin, turmeric, and pepper
- 2 tsp salt
- 4 cups of diced tomatoes (frozen, canned, or fresh)
- *Vegetable stock or water (as needed)*

## Directions:

1. Wash hands.
2. Wash potatoes and chop into small bite-sized cubes. It is not necessary to peel the skins - they contain valuable nutrients!
3. Rip leafy greens into bite-sized pieces.
4. Heat 1 TBSP of olive oil in a large pot over medium heat.
5. Add potatoes, garlic, cumin, turmeric, pepper, and salt. Sauté for 2 to 3 minutes.
6. Add tomatoes, and increase heat to medium-high until you reach a boil. Then, reduce heat to medium-low, cover, and cook for 15 to 25 minutes, or until potatoes are tender. If the curry dries out while cooking, add a bit of vegetable stock or water.
7. Taste and adjust seasonings as desired. Serve with rice, yogurt, or naan (Indian flatbread). Enjoy!

✱ Note: Play with other ingredients! You can add ginger, coconut milk, or more vegetables.

### ***Common Threads Grows Good Eaters!***

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### **Why Potato Curry?**

Curry is a combination of spices and herbs that has been adapted by cultures across Asia. These spices are added to meats, vegetables, lentils, and other foods. In creating this dish, we are celebrating the role of food and cultural traditions globally - we all have different tastes, and so much to learn from each other's cultures!

### **Ask your student chef...**

- How can we be safe and clean in the kitchen?
- How would you describe this dish through taste, smell, and sight?
- What ingredients would you add or take away from this recipe?

### **Dig Deeper!**

What are your favorite family recipes? What are their origins? Interview a family member to learn about your food history!

### **We'd love to hear from you!**

E-mail us at [info@commonthreadsfarm.org](mailto:info@commonthreadsfarm.org) if you'd like to...

- ✱ share any photos and conversations that this recipe inspired
- ✱ volunteer in our school gardens or kitchen classrooms



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