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# Main, Vegetable, Vegetable Makhani

Servings: 10

*Non-dairy gravy with vegetables*

**1 2/3 Yellow Onion, diced**  
**1 5/8 tablespoons Ginger, grated/diced**  
**1 5/8 tablespoons Garlic, Diced**  
**1 5/8 teaspoons Chile powder (not chili)**  
**3/8 tablespoon Salt**  
**1/3 tablespoon turmeric**  
**1 2/3 cups Tomato Puree**  
**7/8 cup Water**  
**2 1/2 cups Coconut Milk full fat**  
**1/8 cup Tomato Paste**  
**3 1/3 tablespoons Dried Methi/Fenugreek leaves**  
**7/8 tablespoon Sugar**  
**1 2/3 teaspoons Garam Masala**  
**1 pound potatoes, diced, steamed**  
**1 5/8 cups chickpeas**  
**1/3 bag frozen peas, thawed and steamed**  
**5/8 pound green and red bell pepper, diced.**  
**bunch cilantro on the side**

Sautee onion, garlic and ginger and then bell peppers last to soften.

Add chili powder, salt and turmeric and cook until fragrant

Add tomato puree, water and coconut milk and garam masala and simmer for a while. Add the chickpeas, potatoes (already steamed) and peas now.

Add tomato paste, sugar and fenugreek leaves 1/2 hour before serving

The color of the dish should be more of an orange or light brown rather than tomato red. If it's too red, add a little more coconut milk.

Serve with basmati rice and/or Naan bread

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*Per Serving (excluding unknown items): 143 Calories; 2g Fat (12.3% calories from fat); 7g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 474mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.*