

Vindaloo Vegetables (adapted by Nan Woodworth from a recipe in [Fresh from the Vegetarian Slow Cooker](#) by Robin Robertson)



"If you're looking for a way to liven up a vegetable stew, then preparing it vindaloo style may be for you. Redolent of Indian spices that are blended into a paste to bring out their flavors, this vibrant stew is delicious. This version has been tamed down (vindaloo dishes are typically extremely hot), relying only on cayenne for heat that you can add at your own discretion according to your own taste buds. If you really want to spike the heat, however, add one or two minced hot chiles.

Yields 6 servings

2 T. olive oil (I use Crystal City Garlic Infused)

3 minced garlic cloves

1 T. ground ginger

1 tsp. light brown sugar

1 tsp. ground coriander

1/2 tsp. ground cumin

1/2 tsp. dry mustard

1/2 tsp. cayenne pepper
1/2 tsp. turmeric
1 T. balsamic vinegar (I use Crystal City Sicilian Lemon)
1 large yellow onion, chopped
1 cup baby carrots
1 small green bell pepper
2 cups small cauliflower florets
2 small zucchini, cut into 1/2 inch thick slices
1 1/2 cups cooked or canned kidney beans, drained
one 6-ounce can tomato paste blended with 1 1/2 cups hot water
1 tsp. salt
1/2 tsp. black pepper
1 cup firm tofu, cubed
1/2 c. green peas
1/2 bunch fresh spinach ripped in small pieces
1 cup cooked pearl tri-color couscous

1. In a blender or food processor, combine 1 T. of the oil, the garlic, ginger, brown sugar, coriander, cumin, mustard, cayenne, turmeric, and vinegar. Blend or process until smooth.

2. Heat the remaining T. oil in a skillet over medium heat. Add the onion and carrots. Cover and cook until softened--about 5 minutes.

3. Transfer mixture to a slow cooker and turn on low. Add spice paste and cook for about a minute. Add bell pepper, cauliflower, zucchini, kidney beans, and tofu. Pour in tomato paste mixture. Season. Cover and cook on low for about 6 hours.

4. About 20 minutes before serving, stir in the peas, spinach, and couscous and allow to heat through.

Nutrition Facts

servings per container

Serving size (427g)

Amount per serving

Calories 280

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 740mg 32%

Total Carbohydrate 37g 13%

Dietary Fiber 10g 36%

Total Sugars 11g

Includes 1g Added Sugars 2%

Protein 18g

Vitamin D 0mcg 0%

Calcium 217mg 15%

Iron 4mg 20%

Potassium 1046mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Multi Column: Vindaloo Vegetables

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 427.33

Calories (kcal) 278.25

Calories from Fat (kcal) 63.32

Calories from SatFat (kcal) 14.74

Protein (g) 18.33

Carbohydrates (g) 37.44

Total Dietary Fiber (g) 10.93

Total Soluble Fiber (g) 0.38

Dietary Fiber (2016) (g) 10.21

Soluble Fiber (2016) (g) 0.35

Total Sugars (g) 11.31

Added Sugar (g)	0.67
Monosaccharides (g)	2.60
Disaccharides (g)	2.00
Other Carbs (g)	15.09
Fat (g)	7.25
Saturated Fat (g)	1.64
Mono Fat (g)	3.47
Poly Fat (g)	0.86
Trans Fatty Acid (g)	0.00
Cholesterol (mg)	0
Water (g)	283.75
Vitamins	
Vitamin A - IU (IU)	5473.14
Vitamin A - RAE (mcg)	277.59
Carotenoid RE (mcg)	547.31
Retinol RE (mcg)	0
Beta-Carotene (mcg)	1863.98
Vitamin B1 - Thiamin (mg)	0.21
Vitamin B2 - Riboflavin (mg)	0.18
Vitamin B3 - Niacin (mg)	1.45
Vitamin B3 - Niacin Equiv (mg)	2.62
Vitamin B6 (mg)	0.36
Vitamin B12 (mcg)	0
Biotin (mcg)	1.51
Vitamin C (mg)	77.50
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.85
Folate (mcg)	125.13

Folate, DFE (mcg DFE) 125.13

Vitamin K (mcg) 152.23

Pantothenic Acid (mg) 0.47

Minerals

Calcium (mg) 216.95

Chromium (mcg) 0.04

Copper (mg) 0.22

Fluoride (mg) 0.00

Iodine (mcg) 1.31

Iron (mg) 4.17

Magnesium (mg) 64.96

Manganese (mg) 0.61

Molybdenum (mcg) 54.25

Phosphorus (mg) 133.37

Potassium (mg) 1046.43

Selenium (mcg) 8.92

Sodium (mg) 738.42

Zinc (mg) 0.94

Poly Fats

Omega 3 Fatty Acid (g) 0.13

Omega 6 Fatty Acid (g) 0.16

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 54.66