

Ingredients:

Curry Vegetables
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Nonstick cooking spray
1/3 cup onion, chopped
1/2 white potatoes, peeled and chopped
1/3 cup diced, canned tomatoes
1/4 cup water
3/4 cup frozen green beans, cut
1/2 teaspoon curry powder, dry, ground
1/4 teaspoon salt, table

Directions:

1. Wash your hands with soap and warm water. Wash fresh fruits and vegetables before preparing them.
2. Spray a small skillet with nonstick cooking spray, and heat on medium.
3. Cook onions and potatoes for 5 minutes or until onions are tender. Stir frequently.
4. Stir in tomatoes and water. Increase heat to medium-high. Cover and cook for 5 more minutes.
5. Remove lid and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, about 5-7 minutes. Stir frequently.
6. Remove from heat and serve.

Nutrition Facts (Per Serving)

calories, 36; carbohydrate, 8 g; protein, 1 g; total fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 2 mg; fiber, 2 g; total sugars, 0 g; sodium, 202 mg; calcium, 24 mg; folate, 12 mcg; iron, 0 mg; percent calories from fat, 0%.

Makes 3 servings, approximately 1/2 cup each.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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