



ministry of curry

WEEK OF:
10/18 - 10/22

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Dal Makhani - GF

TUESDAY

Black beans & corn quesadilla

WEDNESDAY

Instant Pot Paneer & Veg Biryani - GF

THURSDAY

Lemon Coriander (cilantro) Soup with Tofu - V, GF

FRIDAY

Spicy Masala Mac and Cheese

COOKING ICONS

(GF) Gluten-Free (LC) Low Carb (V) Vegan (PIP) Pot-in-pot

Visit the blog for substitutions, variations, and tips for each recipe.

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> 16 oz cheddar cheese | <input type="checkbox"/> 16 oz pepper jack cheese | <input type="checkbox"/> 4 oz cream |
| <input type="checkbox"/> 8 oz milk | <input type="checkbox"/> 12 oz extra firm tofu | <input type="checkbox"/> 8 oz paneer |

FROZEN

- ☐ 12 oz frozen corn

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 16 oz Extra long grain Basmati rice |
| <input type="checkbox"/> 3 oz corn starch | <input type="checkbox"/> 3 oz red kidney beans | <input type="checkbox"/> 64 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz black gram beans | <input type="checkbox"/> 8 oz brown rice | <input type="checkbox"/> 8 tortillas |

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 jalapeno | <input type="checkbox"/> 1 large red pepper | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 6 inch ginger root | <input type="checkbox"/> 3 carrots |
| <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 2 jalapeños | <input type="checkbox"/> 1 small bunch mint |
| <input type="checkbox"/> 2 large bunches cilantro | <input type="checkbox"/> 3 tomatoes | <input type="checkbox"/> 4 yellow onions |
| <input type="checkbox"/> 4 oz green beans | <input type="checkbox"/> 4 oz white mushrooms | <input type="checkbox"/> 6 green chilies |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> 2 bay leaves | <input type="checkbox"/> cloves | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> whole black peppercorns | <input type="checkbox"/> whole green cardamoms |

Check out the Ministry of Curry
Amazon Influencer Shop to stock up
on the essentials!

Visit the blog for more details,
substitutions, variations, and tips
for each recipe.

Monday: INSTANT POT DAL MAKHANI



PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.

The next step is to make a pot in pot brown rice (optional)

1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add **garam masala** (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes

INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
- 1/3 cup red kidney beans
- 1 tablespoon oil **
- 1 teaspoon cumin seeds
- 1 medium yellow onion finely diced
- 1/4 teaspoon ground turmeric
- 2 tablespoons fresh ginger grated
- 2 cups tomatoes diced
- 2 teaspoons kosher salt
- 2 teaspoons Kashmiri red chili powder
- 2 cups water
- 1/2 cup light cream **
- 1 teaspoon garam masala
- 1/4 cup cilantro chopped

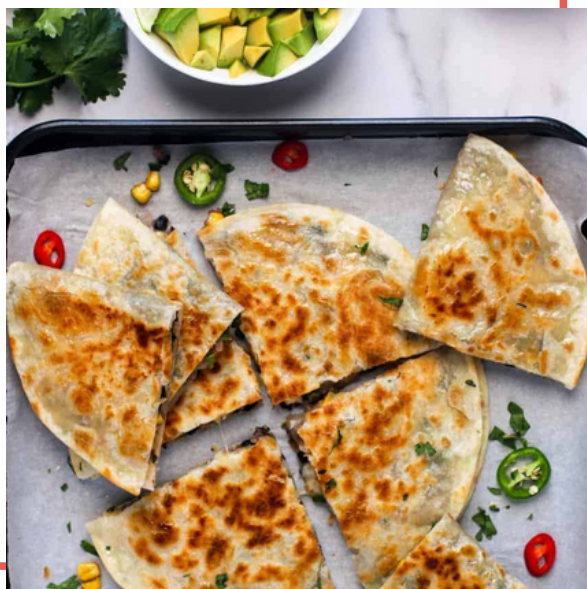
Optional Pot in Pot rice

- 1 cup brown rice
- 2 cups water
- 1 teaspoon salt

Tuesday: BLACK BEAN AND CORN QUESADILLAS

INGREDIENTS

- 1 medium yellow onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- ½ cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas **
- 2 cups pepper jack cheese shredded



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INSTRUCTIONS

Step 1 - Filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapeños. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step 2 - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:
 - a. Using one tortilla that is easier to flip
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp.
 - iii. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.
 - b. Using two tortillas
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for a large party or hungry teenagers!
 - iii. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

NOTES

- Use corn tortillas for gluten-free quesadillas. Also, Siete Foods almond flour tortillas are paleo-friendly and vegan and perfect for this recipe

Wednesday: INSTANT POT VEGETABLE & PANEER BIRYANI



INGREDIENTS

- 2 cups Extra long grain Basmati rice
- 2 cups water for soaking
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 3 teaspoons kosher salt divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped

PREP TIME: 30 MIN

COOK TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani from burning. You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.

Thursday: LEMON CORIANDER SOUP WITH TOFU



INGREDIENTS

- 2 tablespoons oil divided
- 2 tablespoons ginger grated
- 2 tablespoons garlic minced
- 3 to 6 green chilies sliced, or 1 to 2 jalapeños
- 1 cup cilantro stems roughly chopped
- 12 black peppercorns
- 4 cups low sodium vegetable broth
- 1 cup green cabbage thinly sliced
- 1 cup carrots julienned
- 12 oz extra firm tofu cubed or cubed and baked
- 3 tablespoons corn starch
- 1 cup water
- ¼ teaspoon fresh ground pepper
- ½ cup cilantro chopped
- 1 lemon

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Sauté mode and heat half of oil. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Close Instant Pot with pressure valve to sealing. Pressure cook for 8 minutes followed by quick release or Natural Pressure Release
2. Open Instant Pot. Take a large bowl and strain the broth. Squeeze out any juices by gently pressing the stems in the strainer. Discard the stems from the strainer. Reserve the broth
3. Rinse and dry the Instant Pot insert. Put the insert back and set the Instant Pot to sauté mode. Add the remaining oil, cabbage, carrots and remaining ginger. Mix well
4. Add baked tofu. Mix the corn starch in water and add to the soup
5. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice and chopped cilantro. Enjoy hot

NOTES

- In a large pot heat oil on medium. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Allow the broth to boil for 15 minutes on medium-low heat partially covered.
- Take a large bowl and strain the broth. Squeeze out any juices by gently pressing the stems in the strainer. Discard the stems from the strainer. Reserve the broth
- Rinse and dry the Pot used to make the broth. Add the remaining oil, cabbage, carrots, and remaining ginger and sauté on medium heat for 3 to 4 minutes
- Add baked tofu. Mix the corn starch in water and add to the soup
- Bring the soup to a gentle boil. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice, and chopped cilantro. Enjoy hot

Friday: MASALA MAC AND CHEESE



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Kashmiri red chili powder or any mild chili powder, add less if using a spicier variety
- 1 teaspoon **garam masala**
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 16 oz elbow macaroni
- 4 cups low sodium vegetable broth I use 4 teaspoons of Better than Bouillon vegetable broth paste mixed in 4 cups of water
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 teaspoon red chili flakes optional
- 1¼ cup cilantro chopped

INSTRUCTIONS

1. Set the Instant Pot to sauté mode & heat oil. Add onions, peppers & jalapeno & saute for 3 to 4 minutes or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode & add milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the saute mode once all the cheese is melted. Garnish with red chili flakes & cilantro. Enjoy hot!

Stovetop Recipe

1. Boil the pasta as per the package instructions, drain the water, and set aside.
2. Heat oil in a large pot or work and add onions, peppers & jalapenos. Saute for 5 to 7 minutes on medium heat or until the onions turn translucent stirring frequently
3. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well cooking for another minute. Add the cooked pasta, ½ cup of water, and mix well until the pasta is heated through
4. Lower the heat to medium-low and slowly stir in milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the heat once all the cheese has melted. Garnish with red chili flakes & cilantro. Enjoy hot!

NOTES

- Please find additional notes on the [blog](#)