



Recipes

~ Ila's Vegan Turnip Curry ~

Kitty Rallo

Notes

- Vegetable Substitutions: Squash, parsnips, more potatoes, pearl onions - cut to same size
- Pepper options: Jalapeño, serrano, ancho, guajillo, poblano, Anaheim
- Cayenne too much? Try Aleppo pepper, ground Guajillo, or Ancho chili powder
- Spicy Level - Leave the seeds and ribs of the pepper for more heat, remove for less
- Want protein? Add 8 - 16 oz white and/or dark meat chicken with the turnips and reduce potatoes
- DO NOT STEAM YOUR FACE. This is not a spa day.
- No lentils? Add more potato/turnip. No leek? More onions. No cumin seeds? Substitute 1 teaspoon ground cumin. No Instant Pot? After browning on the stove, bring to a boil then reduce to a simmer until potatoes and lentils are cooked through.

Ingredients

- 2 Tablespoons Vegetable Oil**
- 2 teaspoons cumin seeds**
- 1 Medium yellow or white onion - chopped**
- 1 or 2 Jalapeños - diced**
- 1 leek - cut in half moons and rinsed**
- 3 cloves garlic - minced**
- 2 teaspoons Turmeric**
- 2 teaspoons Garam Masala**
- 1 teaspoon Cayenne powder**
- ¾ teaspoon Kosher salt**
- 1 14.5 oz can diced tomatoes - drained and liquid reserved**
- 1 inch piece of ginger - minced or grated**
- 1 Tablespoon Tomato Paste**
- 1 medium Russet Potato - peeled and cubed**
- 2 medium Turnips - peeled and cubed**
- 2 Red Potatoes - cubed**
- 1 cup grated Carrot**
- ¾ - 1 ½ cups Green or Yellow lentils**
- 4 - 6 cups vegetable stock - use as much as needed**
- 1 bunch cilantro - chopped (including stems) some reserved for garnish**

Directions

1. Saute oil until shimmering. Add cumin seeds, and stir until brown and sizzling.
2. Add onions, leek, garlic, and jalapeño. Stir and saute until golden and translucent.
3. Stir in the turmeric, garam masala, cayenne, and salt. Add the tomatoes and ginger and cook until the tomatoes break down.
4. Add potatoes, turnips, carrots, and lentils and stir well. In a separate bowl, add 4 cups vegetable stock to reserved tomato juice and whisk in tomato paste. Pour on top of potatoes making sure to not go over the fill line.
5. Top with cilantro, cover, and cook on High Pressure for 12 minutes followed by a 10 minute natural release.
6. Quick release, remove half of the curry, and puree/blend the other half. Ladle some puree into a bowl, top with a ladle of curry and garnish with cilantro. Serve with rice. Or not. Enjoy!