
Gobi Aloo

Soniya Saluja - Taste of Home Community Cook
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Servings: 4

Preparation Time: 25 minutes

Cook Time: 5 minutes

1 tablespoon olive oil
1 teaspoon cumin seeds
1 medium red onion, thinly sliced
2 large plum tomatoes, chopped
2 teaspoons fresh gingerroot, minced
1 teaspoon red chili powder
1 teaspoon garam masala
1 teaspoon ground cumin
3/4 teaspoon salt
1/4 teaspoon ground turmeric
1 medium head cauliflower, cut into 2- or 3-inch pieces
2 small potatoes, peeled and cut into thin wedges
2 tablespoons water
chopped fresh cilantro (optional)

Select the saute' setting on a six-quart electric pressure cooker. Adjust for medium heat. Add oil. When the oil is hot, cook and stir the cumin seeds until fragrant and they start to pop. Add the onion. cook until crisp-tender, about 2 minutes.

Add the tomatoes and ginger. Cook for 1 minute. Add the chili powder, garam masala, cumin, salt and turmeric. Cook until fragrant, about 1 minute. Stir in the cauliflower, potatoes and water.

Press cancel.

Lock the lid. Close the pressure release valve. Adjust to pressure-cook on HIGH for 3 minutes.

Let the pressure release naturally for 5 minutes; quick release any remaining pressure.

Sprinkle with cilantro, if desired.

Vegetarian

Per Serving (excluding unknown items): 110 Calories; 4g Fat (30.1% calories from fat); 3g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 417mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.