

**And try out a new recipe, Indian-Spiced Vegetables and Rice!**

**To cook alongside and make your own recipe at home, join with these ingredients:**

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 teaspoon of diced fresh ginger or 1/2 teaspoon of ground ginger
- 1/2 teaspoon of turmeric
- 1/2 teaspoon ground cumin
- 2 cups chopped mixed vegetables (cauliflower, carrots, peas, or bell peppers)
- 1 large baking potato, diced
- 1 cup brown rice
- 1 teaspoon salt
- 2.5 cups of water
- 1 can (15.5 ounces) of kidney beans, drained and rinsed (or 1.5 to 1.75 cups of dried beans)
- 1/2 cup of raisins (optional)



**Upcoming Free Zoom Workshop:**

## **SPICE UP YOUR KITCHEN**

*Learn about 5 small changes to switch up your shopping routine and learn about new spices, seasonings, and herbs that won't break the bank!*

**Join us!**

**Monday  
June 28, 2021  
11:00AM to Noon**

**To register,  
email Sarah at  
sgc56@cornell.edu or call  
607-272-2292, ext 252**

**If modifications are need,  
please contact in  
advance.**

**Visit [www.snapedny.org](http://www.snapedny.org) for  
additional workshop listings,  
recipes, and more!**