

National Potato Month

Shukto (mixed vegetable curry)

Ingredients:

- 2 large potatoes
- 1 bitter melon (karela)
- 1 raw banana
- 1 small sweet potato
- 6 small bari (lentil dumpling)
- 100 gm french beans
- 3 tablespoons mustard oil
- 1 teaspoon paanchphoron
- 1 tablespoon ginger paste
- 1 tablespoon mustard paste
- Pinch of chili powder
- 1/2 teaspoon turmeric
- Salt to taste
- 1/2 cup water



Nutrition in Potatoes

Potatoes are full of nutrients. In 1 medium-size potato there is:

- 4 grams of fiber
- 4 grams of protein
- Vitamin B6
- Potassium
- Folate
- Magnesium
- Phosphorus
- Iron

Directions:

Cut all of the vegetables. Place the vegetables, raw banana, sweet potato, bari, and french beans in a large bowl and add enough water to cover them.

In a large deep-bottomed wok, add the mustard oil. Once it starts smoking, add the paanchphoron, and the ginger paste. Cook the masala until fragrant. Add the mustard paste, chili powder, turmeric, and cook until the oil separates. Drain the water and add the vegetables. Saute for 4-5 minutes. Add 1/2 cup water and cook, covered, until the vegetables are tender. Serve hot with steamed rice, preferably brown rice.

Sources:

- <https://www.vagabomb.com/12-Bengali-Vegetarian-Dishes-That-Will-Make-You-Forget-Meat-and-Fish/>
- <https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/21102>

