



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Veggie Combo

This week's recipe is the winner of Healthy IU's National Nutrition Month Recipe Contest! Submitted by Alwiya Omar, PhD, IU School of Global and International Studies.

Ingredients:

- 1 medium sweet potato, unpeeled and diced
- 1 carrot, diced
- 1 onion, diced
- 3 different colored bell peppers (green, red, and yellow), diced
- 1 medium tomato, diced
- 1 teaspoon cumin seeds
- 1 tablespoon vegetable oil
- 2 cloves of garlic (crushed)
- ½ pound string beans
- Black pepper, cinnamon, turmeric, ginger, and salt to taste

Directions:

1. Add the sweet potato pieces to a saucepan, cover with water and boil for about 10 minutes.
2. Meanwhile, heat the vegetable oil in a large sauté pan over medium heat. Add cumin seeds and onion. Sauté for a few minutes.
3. Add boiled sweet potato pieces with remaining water, along with remaining ingredients and spices. Simmer for a few minutes.
4. Veggie combo is ready!

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