

Recipe for Aloo Methi

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Ingredients

- 12 oz bag frozen fenugreek greens
 - Fresh greens are available at Indian stores. If using fresh chop vegetable stems, wash thoroughly to clean and then chop into pieces. Use two bunches.
- 1 medium-sized potato-peeled and chopped into small pieces
- 2 tbs ghee
- Salt to taste
- ¼ tsp garam masala
- ¼ tsp crushed red pepper
- ½ tsp turmeric

Preparation

1. In a pan put in ghee and stir in all spices
2. Add greens and potatoes
3. Stir until evenly coated with spices
4. Cover and cook until tender on low heat
5. Serve with rice or roti

Questions, comments or concerns? Let us know!

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