



ministry of curry

WEEK OF:
09/21 - 09/27

Tip:
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Menu

MONDAY*

Instant Pot Chana Saag

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

WEDNESDAY

Instant Pot Dal Makhani

THURSDAY*

Instant Pot Chicken Tortilla Soup

FRIDAY

Instant Pot Penne Alla Vodka

*NOTES

MONDAY

Stove Top Recipe: Chana Saag

THURSDAY

Vegetarian option: Please see the recipe for a vegetarian substitutions

Visit the blog for substitutions, variations, and tips for each recipe.

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 16 oz pepper jack cheese | <input type="checkbox"/> 4 oz parmigiano reggiano | <input type="checkbox"/> 8 oz heavy cream |
| <input type="checkbox"/> 1 lb boneless skinless chicken breasts | | |

FROZEN

- ☐ 8 oz frozen corn

PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 3" fresh ginger root |
| <input type="checkbox"/> 2 garlic heads | <input type="checkbox"/> 3 tomatoes | <input type="checkbox"/> 24 oz baby spinach |
| <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 bunch parsley |
| <input type="checkbox"/> 1 jalapeno pepper | | |

PANTRY

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 15 oz can chickpeas | <input type="checkbox"/> 1 15 oz can black beans | <input type="checkbox"/> 8 oz dry black urad beans |
| <input type="checkbox"/> 4 oz dry red kidney beans | <input type="checkbox"/> 8 whole wheat tortillas | <input type="checkbox"/> 8 oz raw brown rice |
| <input type="checkbox"/> 10 corn tortillas | <input type="checkbox"/> 16 oz pasta | <input type="checkbox"/> 24 oz low sodium chicken broth |
| <input type="checkbox"/> 28 oz can tomato puree | <input type="checkbox"/> 1 can fire roasted tomatoes | |

SPICES

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chilli powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> aamchoor powder | <input type="checkbox"/> cumin seeds |

Check out the Ministry of Curry
Amazon Influencer Shop to stock up
on the essentials!

Visit the blog for more details,
substitutions, variations, and tips
for each recipe.

Monday: INSTANT POT CHANA SAAG



PREP TIME: 5 MIN
COOK TIME: 20 MIN
TOTAL TIME: 25 MIN
SERVES: 3

INGREDIENTS

- 1 15 oz canned chickpeas rinsed and drained, or 2 cups soaked chickpeas (1 cup dry, soaked overnight)
- 1 tablespoon ghee or oil for vegan
- 1 small onion chopped fine
- 1 teaspoon ginger grated
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon kashmiri red chilli powder or paprika
- 1 teaspoon kosher salt
- 1 medium tomato diced
- 1/3 cup water
- 1/2 teaspoon garam masala
- 1/2 teaspoon aamchoor powder dry mango powder or 1 tablespoon lemon juice
- 4-6 cups fresh baby spinach chopped

INSTRUCTIONS

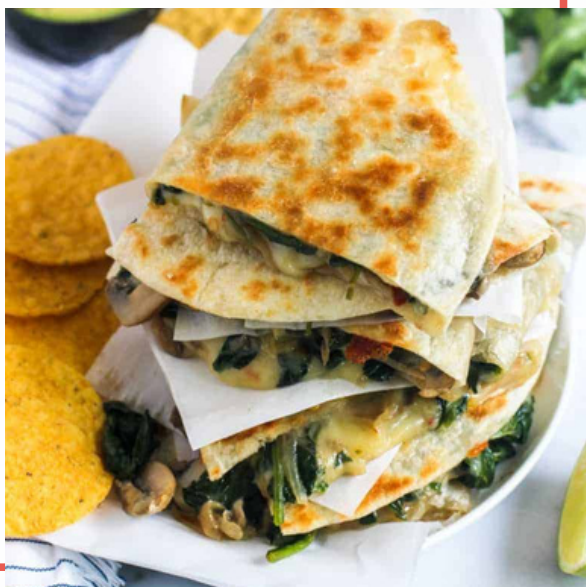
1. Turn Instant Pot to saute mode. Once the 'hot' sign displays, add ghee. Add onions and mix well. Cook for 2 mins with a glass lid on.
2. Add ginger, garlic, cumin powder, turmeric, red chili powder and salt. Cook for 30 secs.
3. Add tomatoes and mix everything together. Add water and chickpeas. Mix well.
4. Close Instant Pot with pressure valve to sealing position. Cook on Manual(Hi) for 4 mins. (If using pre-soaked chickpeas cook for 25 mins)
5. Quick release the pressure or if you have time Natural Release is fine too. Open IP lid and set on Saute mode.
6. Add garam masala and dry mango powder. Add Spinach. Mix everything together and cook for 2-3 mins. Serve hot with Rice or Naan

NOTES

Variations

- To make vegan Chana Saag, simply substitute ghee with oil.
- You can make pot in pot white rice along with chana saag when using canned chickpeas. Add 1 cup basmati rice, 1.5 cups of water, 1 teaspoon of salt in a stainless steel pot and place over the tall trivet.
- If using pre-soaked chickpeas, add extra 1/2 cup of water and pressure cook for 25 minutes followed by 10 minute natural pressure release. You can also make pot in pot brown rice when using soaked chickpeas as they have similar cook time to brown rice. Add 1 cup brown rice, 1.5 cups of water in a stainless steel pot and place over the tall trivet.
- Substitute spinach with your favorite greens like finely chopped kale, swiss chard or beet leaves.

Tuesday: CRISPY SPINACH, MUSHROOM AND ONION QUESADILLAS



INGREDIENTS

- 1 large onion
- 8 oz white mushrooms
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tbsp oil
- 6-8 whole wheat tortillas

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Thinly slice a large onion and white mushrooms. In a large skillet over medium heat, add 1 tbsp oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Add the spinach, little bit at a time and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place second tortilla on top of the cheese and press it gently with the spatula. Add few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

Wednesday: INSTANT POT DAL MAKHANI



INGREDIENTS

Ingredients for Madras Lentils/Daal Makhani:

- 1 cup Black Gram Beans/adzuki beans/whole brown lentils
- 1/3 cup Red Kidney Beans
- 1 tablespoon oil ghee or coconut oil
- 1 teaspoon cumin seeds
- 1 cup finely diced onion
- 1/4 teaspoon turmeric powder
- 2 tablespoon fresh ginger grated
- 2 cups tomatoes diced
- 2 teaspoon kosher salt
- 2 teaspoon kashmiri red chili powder
- 1/2 cup light cream or coconut cream or cashew cream
- 1 teaspoon garam masala optional for non-spicy lentils
- cilantro for garnish

Rice:

- 1 cup brown rice
- 1 tsp salt

PREP TIME:10 MIN

COOK TIME:50 MIN

TOTAL TIME:60 MIN

SERVES:6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
2. Set Instant Pot to Sauté (more) mode. Once the "Hot" sign displays, add oil and cumin seeds. Add onions and mix well.
3. Add turmeric powder, fresh ginger, tomatoes, salt, red chili powder and beans. Add 2 cups of water and mix well.

Next step is to make pot in pot brown rice (optional).

1. Rinse and drain rice. Add rice, 2 cups of water and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add garam masala (optional) and garnish with cilantro. Enjoy hot!

NOTES

To make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water) I prefer soaking the beans overnight. If you decide to cook them unsoaked, increase the cook time to 60 minutes.

Thursday: INSTANT POT CHICKEN TORTILLA SOUP



INGREDIENTS

- 1 tablespoon cooking oil
- 1 medium yellow onion finely diced
- 4 corn tortillas cut into 1-inch squares
- 1 cup fire roasted tomatoes or fresh tomato diced
- ½ jalapeno minced
- 4 garlic cloves minced
- 1 15 oz can black beans rinsed and drained
- 1 cup frozen corn
- 3 cups low sodium chicken broth
- 1 teaspoon salt
- 1 pound chicken breasts
- 1 teaspoon paprika optional

Garnish

- ¼ teaspoon cayenne pepper optional
- 1 cup cilantro chopped
- 1 cup pepper jack cheese shredded
- 1 avocado diced

Tortilla chips

- 6 corn tortillas
- 1 tablespoon oil
- kosher salt to taste

PREP TIME:10 MIN
COOK TIME:30 MIN
TOTAL TIME:40 MIN
SERVES:4

INSTRUCTIONS

1. Add oil, onion, tortillas pieces, tomatoes, jalapeño, garlic, beans and corn to the Instant Pot and give a quick stir. Add chicken breasts, broth, salt and paprika. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 8 mins followed by 10 minute natural pressure release. (Note: I have started to pressure cook for 13 minutes on poultry mode as it allows the chicken to be shredded effortlessly)
2. Open the Instant Pot, take out the chicken breasts and shred them into small pieces with fork. Add the shredded chicken to the soup. Turn the Instant Pot to saute mode and bring the soup to a boil. Mix well.
3. Serve the chicken tortilla soup hot, topped with cilantro, shredded pepper jack cheese and baked tortilla chips.

How to make the baked tortilla chips:

1. Cut the remaining tortillas into triangular pieces using a pizza cutter. Line the baking tray with parchment paper. Arrange in a single layer on a baking tray and bake for 10-15 mins, turning them once half way through. Allow to cool.

NOTES

I have started to pressure cook for 13 minutes on poultry mode as it allows the chicken to be shredded effortlessly

- use taco seasoning instead of paprika when pressure cooking the soup
- substitute chicken with your favorite meat
- skip cheese for a dairy-free tortilla soup
- add sour cream while serving the soup
- add a squeeze of fresh lime while serving
- substitute pepper jack cheese with your favorite mexican cheese soup

Friday: INSTANT POT PENNE ALLA VODKA



INGREDIENTS

- 1 LB pasta I used Trader Joe's organic brown rice penne pasta
- 28 oz tomato puree I like to puree a can of san marzano peeled plum tomatoes
- 1 tablespoon olive oil
- 1 small onion diced
- 6 garlic cloves minced
- 1 teaspoon red pepper flakes optional
- ½ cup vodka
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup heavy cream
- ¼ cup parmigiano reggiano grated
- 1/4 cup Parsley chopped

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat oil.
2. Add onions, garlic and red pepper flakes. Mix well and cook for 2 minutes with a glass lid on.
3. Add vodka, mix well and cook for another 2 mins to reduce down the vodka.
4. Add pasta, 2 cups of water, tomato puree and salt. Close the Instant Pot and Manual/pressure cook for 4 minutes (Note, the cook time on Trader Joe's brown rice pasta is 7-10 mins) followed by Quick Release.
5. Stir in cream. Add parsley and grated cheese. Mix well and Serve hot.

NOTES

For any other type or brand of pasta, set Instant Pot to Manual(HI) for half the time that is specified as cooking time on the pasta box.