

Mushroom Masala

Adapted from Ministry of Curry blog, 2020



- 1 pound mushrooms, rinsed, blotted dry and sliced
- 1 tablespoon ghee, or EVOO
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- 1 large yellow onion, minced
- 2 teaspoons fresh ginger, grated
- 2 teaspoons garlic, minced
- 1 1/2 cups tomato puree, or same amount of peeled fresh tomatoes, chopped
- 1 teaspoon ground turmeric
- 3/4 tablespoon red chili powder, [I used New Mexico, though that would not be traditional]
- 1 teaspoon garam masala
- 1 teaspoon kosher salt
- 1/3 cup yogurt
- 1 tablespoon milk, or half and half
- Cilantro leaves chopped for garnish

INSTANT POT RICE:

- 1 cup basmati rice
- 1 1/4 cups water, or broth
- 2 teaspoons ghee
- 2 teaspoons EVOO
- 2 pinches salt

Per Serving (excluding unknown items): 324 Calories; 15g Fat (39.7% calories from fat); 8g Protein; 43g Carbohydrate; 4g Dietary Fiber; 12mg Cholesterol; 776mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. Preheat oven to 300°F.
2. In a large pot (that has a good fitting lid) heat ghee over medium heat. Add onion, stir and saute over low heat for 4-6 minutes until onion is translucent. Add ginger and garlic and continue stirring for about a minutes.
3. Add the sliced mushrooms and stir well, then add the tomatoes. Add turmeric, chile powder, garam masala and salt.
4. Put lid on pot and bake for about 2 hours. Remove from oven, cool and allow to refrigerate overnight, if time permits. Reheat over low heat until bubbling.
5. INSTANT POT RICE: To instant pot add rice, water/broth, ghee and EVOO. Pressure cook rice on high for 3 minutes. Vent and cool. May be served immediately or chill overnight. To serve: Scoop about 1/3 to 1/2 cup rice into each serving plate or bowl, then top with ample portion of mushroom masala.
5. Meanwhile, mix yogurt with milk and drizzle on top, then add chopped cilantro.