

CURRY BLEND

YIELD: 2 1/2 quarts (160 1 TBSP servings)

There are numerous curry blends in many cultures from Asia, the Caribbean & India. One of the most common ingredients in most blends is the use of turmeric which gives this spice blend its unique yellow color. Try using this blend in rice, dusted into a chicken salad or roasted potatoes.

INGREDIENTS

- 2 cups black peppercorns
- 2 cups coriander seeds
- 2 cups turmeric, ground
- 2 cups ginger, ground
- 2/3 cup cumin
- 2/3 cup fennel seeds
- 2/3 cup fenugreek

DIRECTIONS

1. Roast spices at 400 degrees F on parchment lined sheet pan. Shake every minute until fragrant (4-7 minutes). Let cool.
2. Grind all spices together in Vitamix or other high-powered blender. Mix and store in an airtight container in a cool, dry area.

RECIPE NOTES

Nutritional information per serving*: 24 calories; 0.12 g sat. fat; 4.2 mg sodium; 4.6 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*