



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Aloo Masala

(South Indian Curry-Mashed Potatoes)

Ingredients:

- 2 lb. Yukon Gold potatoes
- 1/3 cup Flax Seed oil (or Olive oil)
- 1 tsp Black Mustard Seeds
- 1/2 tsp Asafoetida (fennel paste)
- 1/2 tsp Fenugreek Seeds
- 20 Curry Leaves, *fresh or frozen*
- 4 cloves Garlic, *chopped*
- 3 small Radishes, *chopped*
- 1 large Yellow Onion, *roughly chopped*
- 1/2 cup Frozen Green Peppers, *chopped*
- 1 1/2 tbsp. Ground Cardamom
- 1 tsp. Ground Turmeric
- 1 (2-inch) piece Ginger, *peeled and grated*
- Kosher Salt, *to taste*
- 2 Tbsp Rosemary, *chopped*



Instructions:

1. Cook potatoes in boiling water until just tender, 25–30 minutes; drain, peel, and cut into 2" pieces.
2. Heat oil in a 6-qt. saucepan over medium. Cook mustard seeds until they pop, 1–2 minutes. Add asafoetida, fenugreek seeds, and curry leaves; cook 1 minute.
3. Add garlic, radishes, and onion; cook until golden, 8–10 minutes.
4. Add potatoes, the green peppers, cardamom, turmeric, ginger, salt, and 1/2 cup water; boil.
5. Reduce heat to medium-low; cook, covered, until potatoes are tender, 8–10 minutes.
6. Uncover and stir, mashing lightly; cook until slightly dry, 4–5 minutes. Stir in Rosemary.