

Carrots, Peas and Potatoes flavored with Cumin

Servings : 6

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|---------------------------------------|
| 6 | ounces | carrots |
| 6 | ounces | potatoes - boiled, drained and cooled |
| 6 | ounces | onions |
| 1 | | green onion |
| 3 | tablespoons | mustard or vegetable oil |
| 1 1/2 | teaspoons | cumin seeds |
| 2 | | dried red hot chiles |
| 6 | ounces | shelled peas |
| 1 | teaspoon | salt |
| 1/4 | teaspoon | sugar |

Peel carrot and cut into 1/2" dice.

Peel potato and cut into 1/2" dice. Peel onion and chop coarsely. Cut the green onion into very thin slices, all the way to the end.

Put oil in a large frying pan and set over medium heat. When hot, put in cumin seeds. Let them sizzle for 3-4 seconds. Now put in chiles and stir them for 3-4 seconds. Put in chopped onion. Stir and cook for 5 minutes or until trnaslucent. Put in carrots and peas. Stir about 1 minute. Cover, turn heat to low, and cook for about 5 minutes or until vegetables are tender. Uncover and turn up heat slightly. Add the potatoes, salt and sugar. Stir and cook another 2-3 minutes. Add green onion, stir and cook for 30 seconds.

Remove chiles before serving.