Here's the Indian recipe for Tomato, Onion, Garlic with Vegetarian preferences for 4 servings.

Sizzling Indian Tomato Curry

Ingredients:

- 4 medium tomatoes, finely chopped

- 2 large onions, finely chopped

- 4 cloves garlic, minced

- 2 tablespoons vegetable oil

- 1 teaspoon cumin seeds

- 1 teaspoon ground turmeric

- 1 teaspoon garam masala

- 1/2 teaspoon red chili powder (adjust to taste)

- Salt to taste

- 1/4 cup fresh cilantro, chopped (for garnish)

Instructions:

1. **Prep the Base**: Heat the vegetable oil in a large skillet over medium heat. Once hot, add the cumin seeds and let them sizzle for about 30 seconds or until fragrant.

2. **Sauté Onions and Garlic**: Add the chopped onions to the skillet. Sauté until they turn translucent and slightly golden, about 5-7 minutes. Stir in the minced garlic and cook for another minute until aromatic.

3. **Spice it Up**: Sprinkle in the turmeric, garam masala, and red chili powder. Stir well to coat the onions and garlic, cooking for about 2 minutes to release the flavors of the spices.

4. **Tomato Time**: Mix in the chopped tomatoes and salt. Cook over medium heat, stirring occasionally, until the tomatoes break down and the mixture thickens, about 10-15 minutes.

5. **Simmer and Serve**: Reduce the heat to low and let the curry simmer for another 5 minutes to meld all the flavors together. Check the seasoning and adjust if necessary.

6. **Garnish and Enjoy**: Remove from heat and garnish with freshly chopped cilantro. Serve hot with steamed rice or naan bread for a hearty meal.

Health Information:

This vegetarian curry is packed with antioxidants from the tomatoes, heart-healthy fats from the oil, and metabolism-boosting spices. A perfect blend to keep your heart happy and your belly full!
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