**Vegetable Stew**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 1 cup mixed vegetables (carrot, beans, potato, pumpkin, drumstick, etc.), cut into 2-inch pieces
* 1/2 cup grated coconut
* 1/2 tsp cumin seeds
* 2 green chilies
* 1/2 cup yogurt (curd)
* 1/2 tsp turmeric powder
* 1 sprig curry leaves
* 1 tbsp coconut oil
* Low sodium salt, to taste
* Water as needed

**Instructions:**

1. Chop all vegetables into uniform pieces.
2. Grind grated coconut, cumin seeds, and green chilies into a coarse paste with little water.
3. In a pot, add the vegetables, turmeric, salt, and enough water to cook until tender (about 10 minutes).
4. Add the ground coconut paste and stir well. Let it simmer for 5 minutes.
5. Reduce heat and mix in the yogurt gently, ensuring it doesn’t curdle.
6. Turn off the heat, add curry leaves, and drizzle coconut oil on top.
7. Cover and let it sit for a few minutes before serving.
8. Serve hot with steamed rice or as a side dish with dosa or appam.