

# Curry Sauce II

*Step-By-Step Sauces*  
*Salamander Books Ltd. - London, England*

## Yield: 3 1/2 cups

*1 onion*  
*1 clove garlic*  
*2 teaspoons sunflower oil*  
*8 ounces potatoes*  
*1 can (8 ounces) chopped tomatoes*  
*1 1/4 cups vegetable stock*  
*3 teaspoons curry powder*  
*1 teaspoon ground bay leaves*  
*salt (to taste)*  
*pepper (to taste)*  
*1/3 cup sultanas*

Chop the onion finely and chop the garlic.

In a saucepan, heat the oil for 1 minute. Add the onion and garlic. Cook for 5 minutes, stirring.

Peel and grate the potatoes coarsely. Add the potatoes, tomatoes, stock, curry powder, bay leaves, salt and pepper to the saucepan. Mix well. Bring slowly to a boil. Cover and simmer gently for 30 minutes, stirring occasionally. Remove the pan from the heat and set aside to cool.

Once cool, puree' the sauce in a blender or food processor until smooth.

Return the sauce to a saucepan and add the sultanas. Reheat gently and adjust the seasoning before serving.

Serve with vegetables or egg dishes.

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Per Serving (excluding unknown items): 555 Calories; 16g Fat (24.3% calories from fat); 15g Protein; 94g Carbohydrate; 13g Dietary Fiber; 3mg Cholesterol; 2064mg Sodium. Exchanges: 5 Grain(Starch); 3 Vegetable; 3 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	555	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	24.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	65.0%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 10.7%  
 Total Fat (g): 16g  
 Saturated Fat (g): 2g  
 Monounsaturated Fat (g): 6g  
 Polyunsaturated Fat (g): 6g  
 Cholesterol (mg): 3mg  
 Carbohydrate (g): 94g  
 Dietary Fiber (g): 13g  
 Protein (g): 15g  
 Sodium (mg): 2064mg  
 Potassium (mg): 2269mg  
 Calcium (mg): 123mg  
 Iron (mg): 7mg  
 Zinc (mg): 3mg  
 Vitamin C (mg): 83mg  
 Vitamin A (i.u.): 6077IU  
 Vitamin A (r.e.): 608 1/2RE

Riboflavin B2 (mg): .3mg  
 Folic Acid (mcg): 104mcg  
 Niacin (mg): 7mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 5  
 Lean Meat: 0  
 Vegetable: 3  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 555      Calories from Fat: 135

### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	2g	11%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	2064mg	86%
<b>Total Carbohydrates</b>	94g	31%
Dietary Fiber	13g	52%
<b>Protein</b>	15g	
<b>Vitamin A</b>		122%
<b>Vitamin C</b>		138%
<b>Calcium</b>		12%
<b>Iron</b>		38%

\* Percent Daily Values are based on a 2000 calorie diet.