

## **Carrots, Peas, and Potatoes Flavored with Cumin (Brian Keck)**

2 large carrots  
2 small potatoes (boiled, drained, cooled and diced)  
2 medium onions  
1 scallion (green onion)  
3 T. oil  
1 ½ t. whole cumin seeds  
2 whole dried hot red chilies  
1 ½ c. shelled peas (or frozen peas that have been thawed and drained)  
about 1 t. salt  
¼ t. sugar

Peel the carrots and cut them first into ½” thick diagonal slices and then into ½” dice. Peel the potatoes and cut them into ½” dice. Peel the onions and chop coarsely. Cut the scallion into very, very thin slices, all the way to the end of its green section. Heat the oil in a large frying pan over medium heat. When hot, put in the cumin seeds. Let them sizzle for 3 – 4 seconds. Now put in the whole chilies and stir them about for 3 – 4 seconds. Put in the chopped onion. Stir and cook for 5 minutes or until onion pieces turn translucent. Put in the carrots and peas. Stir them about for a minute. Cover, turn heat to low, and cook for about 5 minutes or until vegetables are tender. Uncover and turn heat up slightly. Add the potatoes, salt, and sugar. Stir and cook another 2 – 3 minutes. Add the scallion. Stir and cook for 30 seconds. Remove the whole chilies before serving.