



To contribute to Berkeley Athletic Fund (BAF)'s cookbook, Karma Kitchen contributed two recipes.

## Green Soybean Salad

*Submitted by: Chef Dhruva Thapa of Karma Kitchen*

### Ingredients:

2 cups green soybeans (frozen or fresh)  
1/2 cup red onion (chopped)  
1/2 cup red bell pepper (chopped)  
1 green chili (chopped)  
1 1/2 tsp fresh garlic (chopped)  
3/4 cup green onion (chopped)  
2 small tomatoes (chopped)  
3/4 cup mustard or olive oil  
2 tsp. roasted cumin powder  
1 tsp. dry fenugreek seeds  
1 1/2 tsp salt  
2 large limes or lime juice

### Preparation:

1. Combine red and green onion, red bell pepper, chili, and green soybeans in a large bowl.
2. Add all the remaining ingredients and stir lightly.
3. Heat the oil and add fenugreek seeds till they turn black. Stir seeds while in oil.
4. Add lemon juice just before serving and stir.
5. Serve with your favorite snacks, can be refrigerated for up to three days.

## Butternut Squash Curry

(One of the popular dishes at Karma Kitchen.)

*Submitted by: Chef Dhruva Thapa of Karma Kitchen*

### Ingredients:

1 large or medium organic butternut squash or 1 1/2 pounds butternut squash, peeled, seeds removed, flesh diced into 1/2-inch pieces (about 4 cups)  
1 medium onion (chopped)  
1 tomato (chopped)  
1 tbsp garlic ginger paste  
1-2 bay leaves

1/2 tsp of cumin seeds  
1/2 tsp of onion seeds  
1 tsp each turmeric  
1 tsp salt  
1 tsp curry powder

**Preparation:**

1. In a saucepan heat oil. When it starts to slightly smoke add cumin and onion seeds. When the seeds start popping, add chopped onion and bay leaves. Stir regularly so that it doesn't burn.
2. Once onions are golden brown, add 1/2 cup chopped tomato and mix well.
3. Add chopped butternut squash and mix well. Then add garlic and ginger paste along with all the other spices. Lower heat and fry for 5 minutes.
4. Add a little water and cover. Let simmer on low heat for another 5 minutes.
5. Stir and add 1/2 cup water so the mixture doesn't stick to the pan. Cover and cook on low heat for 15 minutes.
6. Check squash with a fork, if it is soft than it is done.
7. Serve hot with your favorite dish.

**About Karma Kitchen:**

Imagine a restaurant where there are no prices on the menu and where the check reads \$0.00 with this explanation: "Your meal was a gift from someone who came before you. You can't pay them back, but we invite you to pay it forward for those who dine after you." That's the circle of giving at Karma Kitchen. Started in March 2007 by a few volunteers inspired to seed a "gift economy", Karma Kitchen continues to be a thriving volunteer-run experiment that has spread from Berkeley to Washington D.C. and Chicago. Karma Kitchen aims to support a cultural shift from consumption to contribution, transaction to trust, isolation to community, and fear of scarcity to celebration of abundance.

**Karma Kitchen** operates every Sunday from 11AM-3PM at Taste of Himalayas Restaurant (1700 Shattuck Ave, Berkeley, CA).