



VEGETABLE CURRY & RICE

SERVING SIZE: 4 | COOKING TIME: 45 MINUTES

INGREDIENTS.....

2 Tablespoons (Tbsp) canola oil
 1 small onion, sliced thin
 3 garlic cloves, minced or cut into tiny pieces
 2 Tablespoons (Tbsp) curry powder
 2 small tomatoes, chopped
 1 (14 oz) can unsweetened coconut milk
 ¼ cup water
 Kosher salt
 3 carrots, each cut lengthwise into 4 strips
 then cut into small pieces
 1 pound (lb) butternut squash (the neck/skinny part only),
 peeled and cut into small pieces to create 1½ cups
 ½ pound (lb) thin green beans, cut into pieces
 2 cups basmati rice
 4 cups vegetable stock

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- 2 Large, deep skillets/pans or pots with lids
- Cooking utensil
(spatula, wooden spoon, or similar)

DIRECTIONS.....

1. Add the oil to a large, deep pot or pan on medium heat.
2. Add the onion and garlic to the pan. Cook over medium heat until softened – about 5 minutes.
3. Add curry powder to the onion and garlic. Cook, stirring, for 2 minutes.
4. Add the tomatoes to the pan and mash lightly (using your spatula or a fork) until just beginning to soften – about 2 minutes.
5. Add coconut milk and water to the onion, garlic, curry and tomatoes in the pan. Season with salt to taste.
6. Bring contents of the pan/pot to a boil.
7. Add the cut carrots to the pan. Cover and simmer, gently boil, over low heat until the carrots are still crisp but softening – about 10-12 minutes.
8. Add the squash and green beans to the mix. Cover and simmer until the squash and green beans are tender – about 15 minutes more.
9. While the curry mix is cooking the last 15 minutes, add 4 cups of vegetable stock to another large pot or large skillet/pan. Bring the vegetable stock to a boil.
10. Add the basmati rice to the boiling vegetable stock. Cover pot with a lid and reduce heat to simmer rice, gently boil. Allow to simmer, gently boil, until all the liquid is absorbed – about 10 minutes.
11. After the pots of curry mix and rice are cooked, turn off heat.
12. Scoop basmati rice onto dishes. Top the rice with curry mix.

