

Vegetable Thai Curry

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon extra-virgin olive oil
1 small onion, chopped (about 1 cup)
1 tablespoon grated fresh ginger
2-3 cloves garlic, minced (about 1-1½ teaspoons)
4 cups fresh or frozen vegetables of choice, trimmed and cut into ½- to 1-inch pieces if needed (e.g. bell peppers, broccoli, carrots, mushrooms, green beans, kale, cauliflower, zucchini)
2 tablespoons red curry paste
1 cup coconut milk
2 cups reduced-sodium vegetable broth
2 teaspoons sugar
1 (16-ounce) block extra-firm tofu, cubed (bake ahead of time if desired)
Juice of half a lime
2 cups cooked brown rice, reheated if needed

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, until softened, about 5 minutes.
4. Add the ginger and garlic and cook until fragrant, about 30-60 seconds, stirring continuously.
5. Add the selected fresh or frozen vegetables and cook for about 5-7 minutes, stirring occasionally.
6. Add the curry paste. Cook, stirring often, for 2 minutes.
7. Add the coconut milk, broth, and sugar. Stir to combine.
8. Gently fold in the tofu cubes.
9. Bring to a simmer over medium heat.
10. Reduce the heat to medium-low to maintain a gentle simmer.
11. Cook until the vegetables have softened, about 5-10 minutes.
12. Remove the pot from the heat and stir in the lime juice.
13. Serve warm over the cooked brown rice.

Recipe Notes

- Cooked chicken, fish, beef or pork can be substituted for the tofu.
- If you still need to cook the brown rice, add 1 cup uncooked rice and 2½ cups cool water to a pot. Bring to a boil over high heat, then reduce to a simmer. Cover with a lid and cook until tender, about 45-60 minutes. If this make more than you need, refrigerate any extra rice for 4-5 days.

**Nutrition Facts Per Serving: Calories: 390 | Total Fat: 13 g | Saturated Fat: 3.5 g
Sodium: 660 mg | Total Carbohydrate: 50 g | Dietary Fiber: 5 g | Protein: 15 g**

Adapted from CookieAndKate.com | Submitted by Robin LaCroix, RD, CSO
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs