Vegetable Thai Curry

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

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil

1 medium onion, chopped (about 1 cup)

1 tablespoon grated fresh ginger (or 1 teaspoon ground dried ginger)

2-3 cloves garlic, minced (about 1½ teaspoons)

4 cups fresh or frozen vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. bell peppers, broccoli, carrots, mushrooms, green beans, cauliflower, zucchini)

2 tablespoons red curry paste

1 cup coconut milk

2 cups low-sodium vegetable broth

2 teaspoons sugar

1 (16-ounce) block extra-firm tofu, cubed

½ lime, juiced (about 1 tablespoon juice)

2 cups cooked brown rice

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 3-5 minutes.

4. Add the ginger and garlic and cook until fragrant, about 30-60 seconds, stirring constantly.

5. Add the selected vegetables and cook for 5 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 and bring to a simmer over medium heat. Reduce the heat to medium-low to maintain a gentle simmer.

9. Cook until the vegetables have softened, about 5-10 minutes, depending on the vegetables used.

10. Remove from the heat and stir in the lime juice, then serve warm over the cooked brown rice.

Recipe Notes

- Cooked chicken, fish, beef, or pork can be substituted for the tofu.