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.