



Vegetable Green Curry

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Makes 6 servings

Ingredients:

- 3 TBSP Olive Oil
- 50 g Slivered Onions
- 2 clove(s) Garlic, minced
- 100 g Diced Celery
- 100 g Sliced Carrots
- 114 g Sliced Bell Peppers
- 3 TBSP Thai Green Curry Seasoning, dry (pictured below)
- 230 g Red Potatoes, large diced
- 13 fl. oz. Coconut Milk, canned
- 2 1/2 c Vegetable Broth, ready-to-serve
- 150 g Zucchini, sliced and quartered
- Optional: Rice (not included in nutritional info.)

Directions

1. In a large sauce pot over medium heat, heat the olive oil. Add the onions and garlic and sauté for two minutes, stirring frequently to avoid burning. Add the celery, carrots, and peppers to the onions and sauté for five minutes. Add additional oil if vegetables begin to stick. Next add the curry seasoning to the sautéed vegetables and cook for one minute.
2. Turn heat up to medium high and add the potatoes, coconut milk, and vegetable broth. Bring to a boil, then reduce heat to medium and allow to simmer until potatoes are fork tender, about 30 minutes. Now add the zucchini and simmer for an additional 5 minutes. Serve with your choice of rice.

Notes: If you need to reduce the protein, reduce the amount of potatoes in the recipe or you can omit them altogether. If you do not use potatoes add the zucchini with the broth and coconut milk and simmer for five minutes then serve.

Nutritional Information

Serving size: 204 g

Protein per serving: 2.7 g

Calories per serving: 27

