



Classic Veggie Curry

Ingredients

- ½ medium head of cabbage chopped into large dice
- 1 red pepper, chopped
- 1 small onion, chopped
- 1 Tbsp minced garlic
- 2 medium potatoes, chopped into large dice
(may also use sweet potato)
- 1 medium carrot, chopped into large dice
- 1 cup green beans (fresh or frozen)
- 1 stalk lemongrass
- 3 cups coconut milk
- 1 cup water
- 2 Tbsp favorite curry powder
- 2 Tbsp mushroom powder (optional)
- ½ tsp salt
- 2 Tbsp maple syrup/honey or another sweetener
- 2 tbsp chopped cilantro
- ½ lb baked tofu (cut in blocks)



Directions

1. Lightly sauté garlic, onion and veggies in a small amount of olive oil.
2. Add coconut milk and water and bring to a gentle boil.
3. Add remaining ingredients except cilantro and continue gently boiling until all veggies are tender (not mushy).
4. Add cilantro and allow to simmer for an additional 5 minutes.
5. Serve while hot.

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