

Basic Coconut Curry

Recipe from www.vegweb.com with commentary and suggestions by Kathleen Lisson, Honest Weight member. Serves: 4

- 1 teaspoon vegetable oil
- 2 Tablespoons green curry paste (the co-op sells Thai Kitchen curry pastes in Aisle 2)
- 14 oz can coconut milk (I used "lite")
- 14 oz can garbanzo beans (or other kind), drained and rinsed
- 14 oz can chopped tomatoes, undrained
- chopped veggies (I used 1 each of onion, bell pepper, and zucchini)
- 1 cup short grain brown rice

To cook one cup of rice (which will make about 2.25 cups cooked) toast it first for 5 minutes in a saucepan or wok over medium-high heat. Rinse well until the water runs clear. To cook in a saucepan, put the washed rice in a 1-quart heavy saucepan and add 2 and 1/4 cups water. Soak for at least an hour, if you can find the time. Add a touch of salt, bring to a boil, then lower the heat, simmer undisturbed for 1 hour OR until the water is absorbed. Let stand 5 minutes, covered and removed from heat, before serving. While rice is cooking:

Heat oil in a pan over medium heat.

Sauté the veggies that take longer to soften in the vegetable oil for a minute, add curry paste and sauté for three minutes. Add the canned coconut milk, beans, and tomatoes to the pot, along with remaining veggies.

Bring to a low boil and simmer for 10 or 15 minutes--until the rice is done.

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Shopping List

Basic Coconut Curry

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>Department</u>	<u>PLU #</u>
vegetable oil	1 teaspoon	BULK/GROC	_____
green curry paste	2 Tablespoons	GROCERY	_____
coconut milk (I used "lite")	14 oz can	GROCERY	_____
garbanzo beans (or other kind), drained and rinsed	14 oz can	GROCERY	_____
chopped or diced tomatoes, undrained	14 oz can	GROCERY	_____
chopped veggies (I used 1 each of onion, bell pepper, and zucchini)		PRODUCE	_____
rice		BULK	_____

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rice		BULK	_____

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