

# Caribbean Curry Soy Chunks

Recipe from [www.vegweb.com](http://www.vegweb.com) Serves 8

The restaurateurs at First Choice Caribbean, in Troy (a real treat to visit if you haven't before), purchase TVP from the co-op for their signature dish. Don't let the name of this dish turn you off: it's really enjoyable!

The Co-op's organic TVP chunks are made only from soy and this recipe is suitable for those on a Gluten Free diet.

4 oz.	Soy Protein chunks
2	carrots
2	green onions with tops
1	celery stalk
1	medium or large onion
4	garlic cloves, pressed
1/2	medium red pepper
1/2	medium green pepper
2	medium tomatoes
1	medium white potato
1/4	scotch bonnet pepper (optional-very spicy)
1 tbsp.	ground allspice
1 sprig	fresh thyme
1 tbsp.	salt
1 tsp.	black pepper
1/3 cup	Jamaican curry powder

1. Soak protein chunks in a bowl with enough water to cover it for at least 20 minutes but no more than 45. Drain well.
2. Coarsely chop all vegetables (except 1 tomato, potato and thyme) and saute in oil over medium-low flame until vegetables begin to soften.
3. Add curry powder, salt and pepper and stir until vegetables are well coated.
4. Add the drained soy chunks and saute until chunks are well coated with curry. Add can of coconut milk and thyme, and enough water to cover everything in pot. Cover and simmer for 30 minutes on a low flame stirring frequently. (Note: Keep the pot just under boiling, adding water if necessary, but keep sauce thick).
5. When sauce begins to thicken, add the tomato and potato, coarsely chopped. Cover and cook until tomato and potato are done cooking.
6. Serve over brown rice .

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1 tbsp.	ground allspice
1 sprig	fresh thyme
1 tbsp.	salt
1 tsp.	black pepper
1/3 cup	Jamaican curry powder
1 can	coconut milk

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# Shopping List

## Caribbean Curry

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>Department</u>	<u>PLU #</u>
soy protien chunks	4oz.	BULK	_____
carrots	2	PRODUCE	_____
green onions	2	PRODUCE	_____
celery	1 stalk	PRODUCE	_____
onion	1 medium or large	PRODUCE	_____
garlic	4 cloves, pressed	PRODUCE	_____
red bell pepper	1/2	PRODUCE	_____
green bell pepper	1/2	PRODUCE	_____
tomatoes	2 medium	PRODUCE	_____
white potato	1 medium	PRODUCE	_____
scotch bonnet pepper	1/4	PRODUCE	_____
allspice	1 tbsp.	HABA SPICES	_____
thyme	1 sprig	PRODUCE	_____
salt	1 tbsp.	BULK	_____
black pepper	1 tsp.	BULK	_____
Jamaican curry powder	1/3 cup	HABA SPICES	_____
coconut milk	1 can	GROCERY	_____
cooking oil	1/8 cup	BULK	_____

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onion	1 medium or large
garlic	4 cloves, pressed
red bell pepper	1/2
green bell pepper	1/2
tomatoes	2 medium
white potato	1 medium
scotch bonnet pepper	1/4
allspice	1 tbsp.
thyme	1 sprig
salt	1 tbsp.
black pepper	1 tsp.
Jamaican curry powder	1/3 cup
coconut milk	1 can
cooking oil	1/8 cup

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