



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

No Hurry Vegetable Curry

From *Woman's Day*

Serves 6

1 14-oz can light coconut milk
1/4 cup all-purpose flour
1 1/2 tablespoons red curry paste
1 large onion, chopped
4 small Yukon gold potatoes, halved
4 cups 1 1/2-inch chunks butternut squash
4 cups cauliflower florets
1 15-oz can chickpeas, rinsed, drained
1 red pepper, cut in 1-inch pieces
1 cup frozen peas, thawed
1 cup brown basmati rice
Garnish: chopped cilantro

Whisk coconut milk, flour and curry paste in a 3 1/2-quart or larger slow-cooker. Stir in vegetables except peas; mix well. Cover and cook on low 6 to 7 hours until vegetables are tender. Stir in peas, cover and let sit 5 minutes. Serve with rice; garnish with cilantro.

To cook without a slow cooker:

Coat a large sauce pan with cooking oil spray. Add the vegetables, except the peas, and a few tablespoons of water. Bring to a boil over medium high heat, then reduce heat to medium and cook, stirring the vegetables occasionally, until almost tender. Whisk coconut milk, flour, and curry paste in a small bowl. Add this along with the peas to the saucepan and stir gently to mix. Simmer, stirring occasionally, 10-15 minutes more to thicken and cook the sauce. Serve over hot rice; garnish with cilantro.

To cook rice:

Place rice in saucepan with 2 cups of water and a 1/2 teaspoon of salt. Bring to a boil and cover tightly with lid. Reduce heat to the lowest setting and simmer about 50 minutes. Do not lift lid and allow to steam for an additional 10 minutes before serving.