



# Vegetable Thai Curry



Estimated Time: 25 mins

## Nutrition Per Serving

4 servings (1 bowl per serving)

Calories .....	633
Protein .....	13g
Total Carbohydrates .....	83g
Net .....	70g
Sugar .....	12g
Fiber .....	13g
Total Fat .....	30g
Saturated Fat .....	22g
Polyunsaturated Fat .....	0.87g
Monounsaturated Fat .....	3.9g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	844mg
Potassium .....	879mg
Phosphorus .....	229mg
Calcium .....	137mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons of curry powder
- 1 ½ teaspoons turmeric powder
- 2 cups butternut squash, cubed
- 2 cups sweet potatoes, cubed
- 1 can coconut milk
- 1 can garbanzo beans, drained and rinsed
- 1 cup low-sodium vegetable broth
- 2 tablespoons coconut aminos, low sodium
- 3 cups cooked rice

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. In a large pot, heat oil over medium heat.
2. Cook until the onions turn translucent and start to brown.
3. Combine garlic, ginger, curry powder, and turmeric, and cook for one minute.
4. Add butternut squash, sweet potatoes, coconut milk, garbanzo beans, vegetable stock, and coconut aminos to the pot and let simmer for 15 minutes.
5. Serve Thai curry over cooked rice.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.