

Vegetable Curry

Wondering how to use food as medicine, detox mycotoxins, increase veggies, and save time? This is it! This globally-inspired version of a casserole combines the flavor and detox ability of turmeric with the mold killing powers of garlic, onion and coconut. Packed with vegetables from every color of the rainbow, this bioflavonoid-rich recipe leaves you satisfied while reducing your toxic load. Add your protein of choice. It can be assembled the night before (while kids do the dishes ;)) and popped in the oven the next afternoon in time for dinner.

SUPPLIES

Large ceramic Dutch oven with lid

Measuring cups

Chopping knife

Large spoon

Cutting board

INGREDIENTS

2 cans organic coconut milk

1/4 cup dried curry spice mix (yellow and masala for mild, panang for a little more heat)

2 cloves organic garlic, finely chopped

1 medium onion, chopped

Protein options: (choose one or mix a bit of each)

1 lb. organic chicken, roasted, de-boned, and chopped into chunks

2 cups cooked garbanzo beans

2 cups cannellini beans (SIBO friendlier)

2 cups mixed sesame seeds, pumpkin seeds, raw almonds

1 cup each, use organic whenever possible:

Cauliflower

Carrots

Snap or snow peas

Leeks

Red bell pepper

Yellow squash

Celery

Swiss chard

Purple cabbage

2 cups cooked brown rice, or cauliflower rice (optional)

1 bunch cilantro, bean sprouts, and/or yogurt for garnish (optional)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a ceramic Dutch oven, stir together coconut milk, finely chopped garlic, chopped onion, and dried curry spice mix.
3. Heat Dutch oven on the stove top on medium heat until just boiling, then remove.
4. Add protein of choice to Dutch oven and mix thoroughly.
5. Chop all veggies into larger pieces than the chicken/nuts/beans; the firmer the vegetable, the smaller the size of the pieces for more even cooking times. For example, cut the carrots smaller than the bell pepper.
6. Add all chopped veggies to the Dutch oven. Toss to cover all veggies with sauce evenly.
7. Cover with lid. (Can be refrigerated and stored overnight at this point.)
8. Place in preheated oven and cook for 45-60 minutes, depending on desired vegetable consistency. Stir once after 25 minutes to distribute the sauce evenly.
9. Serve over warmed brown rice or cauliflower rice.
10. Garnish with fresh cilantro leaves, bean sprouts and/or yogurt (if desired).