

COCONUT CURRY VEGETABLES

Ingredients:

- 1 onion, chopped
- 3 cloves garlic
- 1 tbsp fresh ginger
- 1 green chili, seeded
- 1 tbsp vegetable oil
- 1/2 tsp turmeric
- 1/2 tsp coriander
- 1 tsp cumin
- 1 tsp curry
- 1/2 cauliflower, chopped
- 1 cup green beans
- 1 carrot, sliced
- 1 zucchini, sliced
- 1 cup coconut milk
- 1/2 tsp salt, or to taste

Preparation:

1. Process the onion, garlic, ginger and chili in a [food processor](#) until smooth.
2. In a large skillet, heat the onion mixture and spices along with the oil and spices.
3. Allow to cook for a minute or two, stirring frequently.
4. Add the vegetables and the coconut milk and stir well. Season generously with 1/2 teaspoon salt, or to taste.
5. Cover and allow to cook for at least 20 minutes, or until veggies are tender.
6. Serve over rice if desired.

COCONUT CURRY VEGETABLES SHOPPING LIST

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1/2 tsp coriander

1 tsp cumin

1 tsp curry

1/2 cauliflower, chopped

1 cup green beans

1 carrot, sliced

1 zucchini, sliced

1 cup coconut milk (canned - shake well)

1/2 tsp salt, or to taste