

Vegetables with Curry Sauce

- 1 Tablespoon of garlic paste* or 1tbsp of bottled minced garlic or 1 tsp of garlic powder
 - 1 Tablespoon of ginger paste or 1 tbsp of grated ginger or 1 tsp of ginger powder
 - 1 Tablespoon of basil paste or 1 tbsp of leaf basil
 - 1 Tablespoon of cilantro paste or 1 tbsp fresh and finely chopped cilantro
 - 1 Tablespoon of curry powder (or to taste)
 - 2 Teaspoon of No Salt (or other salt)
 - 1 Cup of canned coconut milk or coconut cream (or substitute carrot juice as an alternate)
 - 1/2 Cup flaked coconut
 - 1/2 Cup cashew pieces
 - 1/4 Teaspoon of red pepper (or to taste)

 - 1 Bag of frozen broccoli or equivalent amount fresh
 - 1 Bag of frozen Brussels sprouts or equivalent amount fresh
 - 1 Bag of frozen cauliflower or equivalent amount fresh
 - 1 Bag of frozen Lima beans or equivalent amount fresh
 - 1 Bag of frozen pearl onions or equivalent amount fresh (optional)
- Make substitutions for vegetables to suit your tastes **

Put liquid ingredients in a sauce pan on low heat and after the liquid is mildly hot blend in the remaining ingredients, except for the vegetables. After the vegetables are cooked (I prefer to steam them) place them in a large pot and add the sauce. f you don't mind the carbs, you can serve the vegetables over or with rice. I use this as a main dish much like one might use a large stir fry.

Optional: To add a Thai flavor to the sauce include the following ingredients: 3 tablespoons of peanut butter powder (or natural peanut butter that has the consistency of honey) and 1/2 cup of dry roasted, unsalted peanut pieces

* All pastes are Gourmet Garden brand though there may be other brands that would be suitable.

** A nutritional basis for selecting vegetables is Dr. Fuhrman's Nutritarian Handbook and ANDI Food Scoring Guide by Joel Fuhrman, MD (ANDI = Aggregate Nutrient Density Index)