



Rainbow Vegetable Curry with Basmati Rice



Ingredients

- 4 cups water
- 2 cups brown basmati rice, rinsed well
- 2 cups red onion, cut into half moons
- 1 tbsp. organic virgin coconut oil
- 2 tbsp. brown rice flour or unbleached wheat
- 2 cups vegetable stock
- 2 tbsp. curry powder
- 1 delicate or acorn squash, peeled, deseeded, and cut into 1-inch cubes
- 2 cups broccoli, cut into small florets
- 2 cups cauliflower, cut into small florets
- 2 cups carrot, sliced
- 1 cup red pepper, destemmed, deseeded, and diced
- 1 cup orange or yellow pepper, destemmed, deseeded, and diced
- 1—14oz. can coconut milk
- 1 bunch spinach OR 1 bag baby spinach
- 1/2 cup frozen peas, thawed
- 3 tbsp. freshly chopped mint
- 1/2 tsp. sea salt
- 1/4 tsp. Freshly ground black pepper



Nutrients Per Serving	
<i>Makes 6-8 servings</i>	
Calories	359
Protein	23g
Carbohydrates	38.6g
Fat (Total)	13.4g
Saturated Fat	11.1g
Monounsaturated Fat	0.8g
Polyunsaturated Fat	0.5g
DIET DIRECTION:	Building

Directions:

1. **Cook Rice:** Place the water in a large saucepan and bring it to a boil. Add the basmati rice, cover, reduce heat to low, and simmer for 40-45 minutes. Remove saucepan from the heat, do not lift the lid, and set aside for 5 minutes to allow the rice to steam.
2. Meanwhile, in a large pot, sauté the red onion in the coconut oil for 5 minutes or until soft. Add the flour, stir well to coat the onions, and cook an additional minute while stirring constantly to slightly cook the flour.
3. Add the vegetable stock and curry powder, stir well, and cook over medium heat for 2-3 minutes or until slightly thickened. Add the squash, broccoli, cauliflower, carrot, red pepper, and orange pepper, and stir well to thoroughly coat the vegetables with the broth mixture. Cover, reduce heat to low, and simmer for 20 minutes or until the vegetables are tender.
4. Add the remaining ingredients, stir well, and simmer an additional 3-5 minutes to allow the flavors to blend. Taste and adjust seasonings as needed. Fluff the basmati rice, transfer the rice to a large platter, and top with the vegetable curry.

Optional: To turn this into a main dish, just add cubes of cooked chicken (3-4 oz. per person), tofu, or tempeh (4-6 oz. per person)

Reference: Bauman, Ed. And Friedlander, Jodi; *Nutrition Essentials for Everyone*, Bauman College, Penngrove, Ca. 2010 (page 243)



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