

Curried Vegetable Stew

Makes 6 servings (1 serving ≈ 1 ¼ cups)

2 medium-large onions, diced

1 ½ tablespoons coconut or ghee

3 garlic cloves, minced

6 small new potatoes, unpeeled, washed and diced

4 medium carrots, scrubbed & sliced

2 cups water

1 small head cauliflower, broken into bite-sized pieces

1 bunch baby bok choy, chopped

2 cups fresh green beans cut into 1-inch pieces (or one 10 ounce package frozen cut green beans, thawed)

2–3 teaspoons grated fresh ginger

1–2 teaspoons curry powder

3 teaspoons ground turmeric

1 can (15-ounces) coconut milk

1–2 tablespoons red curry paste, for those who prefer a zippier taste

1 ½ cups frozen baby peas, thawed

½ teaspoon sea salt

Directions

1. Sauté onion in oil or ghee for 3–4 minutes over medium heat in a large, heavy soup pot.
2. Add garlic and sauté another minute.
3. Add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.
4. Add the cauliflower, bok choy, green beans, ginger, and spices. Cover and continue simmering gently for about 10–15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken the soup.
5. Stir in the coconut milk and the curry paste, if using, being sure that the paste is well mixed in.
6. Simmer on low heat for 5–10 minutes and then turn off heat and let sit to blend flavors until ready to serve.
7. Just before serving, stir in defrosted frozen baby peas (at about room temperature), adding some sea salt to taste if needed.

Tip: Potatoes may be replaced with celeriac to enhance detoxification or both may be omitted from recipe to decrease the carbohydrate content or glycemic load of this recipe.

Nutrition (per serving):

Calories: 349

Fat (g): 21

Sat. Fat (g): 13

Cholesterol (mg): 151

Sodium (mg): 788

Carbohydrates (g): 10

Fiber (g): 3

Protein (g): 31