# COCONUT CURRY WITH VEGETABLES & RED BEANS

## Ingredients

- 1 tablespoon vegetable or olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated or finely minced
- 2 tablespoons Thai red curry paste (adjust to taste)
- 2 cans (13.5–14 oz each) coconut milk
- 1 can (14–15 oz) green beans, drained
- 1 can (14–15 oz) carrots, drained
- 1 can (14–15 oz) corn, drained
- 1 can (14–15 oz) potatoes, drained and cut into bite-sized pieces
- 1 can (14–15 oz) red beans, drained and rinsed
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon lime juice or lemon juice
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- ½ cup fresh cilantro, chopped
- ½–1 cup water or vegetable broth, as needed

## Preparation Steps

- Cook the rice. Prepare the enriched white rice according to package directions. Keep warm until ready to serve.
- Sauté the aromatics. Heat the oil in a large pot over medium heat. Add the diced onion and cook for 4–5 minutes, until softened. Stir in the garlic and ginger and cook for another minute.
- Add the curry paste. Stir in the Thai red curry paste and cook for 1 minute to release its flavor.
- Make the coconut sauce. Add the coconut milk, soy sauce, sesame oil, and ½ cup of water or broth. Stir until the curry paste is well blended into the liquid.
- Add the vegetables and beans. Stir in the green beans, carrots, corn, potatoes, and rinsed red beans. Bring to a gentle simmer.
- Cook uncovered for 15–20 minutes, stirring occasionally, until the sauce thickens slightly and the flavors blend. Because the vegetables and potatoes are already cooked, avoid boiling vigorously or stirring too roughly.
- Season and finish. Stir in the lime juice, black pepper, and salt as needed. Add more water or broth if the curry is too thick. Stir in most of the fresh cilantro just before serving.
- Spoon the curry over warm white rice and garnish with the remaining cilantro.

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## Helpful tips

- For a mild curry: Start with 1 tablespoon of curry paste and add more to taste. Curry pastes vary in heat.
- For more brightness: Fresh lime juice makes a noticeable difference in balancing the rich coconut milk.
- For a thicker sauce: Simmer uncovered for a few extra minutes.

Serving suggestion: Serve each portion with approximately ¾–1 cup of cooked rice and a generous ladle of vegetable and red bean curry. The beans provide plant-based protein and fiber, while the vegetables add color and variety.