



FORKS OVER KNIVES™

Thai Green Curry Rice

From *The Starch Solution* by John McDougall, M.D. and Mary McDougall

Photo by *Eco-Vegan Gal*



Note:

Coconut extract mixed into rice milk or almond milk makes a wonderful substitution in recipes calling for coconut milk.

- 1/3 cup vegetable broth
- 1 onion, cut into 1/2-inch cubes
- 1 red bell pepper, cut into 1/2-inch cubes
- 1 yellow bell pepper, cut into 1/2-inch cubes
- 2 cloves garlic, crushed or minced
- 1 to 2 tablespoons Thai green curry paste
- 2 cups coarsely chopped napa cabbage
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup sugar snap peas
- 1 tablespoon regular or reduced-sodium soy sauce
- 4 cups cooked long-grain brown rice
- 1 tomato, cut into 1/2-inch cubes
- 1 tablespoon coarsely chopped fresh Thai or common (field) basil
- 1 tablespoon coarsely chopped fresh cilantro
- 1 cup almond milk or rice milk
- 1 teaspoon coconut extract

Instructions:

Place the broth in a large saucepan along with the onion, red and yellow peppers, and garlic. Cook over medium heat, stirring occasionally, for 5 minutes. Stir in 1 tablespoon of the curry paste, or up to 2 tablespoons for a spicier dish. Add the cabbage, broccoli, cauliflower, snap peas, and soy sauce. Mix well, cover, reduce the heat to low, and cook until the vegetables are tender, about 5 minutes.

Add the rice, tomato, basil, cilantro, almond milk, and coconut extract. Stir well, then cook until heated through, 2 to 3 minutes. Serve hot, on plates or in bowls, with chopsticks if you like.