



Serves 4

Preparation Time: 15 minutes

Cook Time: 25 minutes

INGREDIENTS:

1½ cups unflavored soy or rice milk

1 teaspoon arrowroot powder

½ teaspoon coconut extract

1 medium yellow onion, peeled and diced into small pieces

2 cloves garlic, peeled and minced

2 teaspoons grated ginger

2 teaspoons Thai red curry paste (see note), or to taste

Zest and juice of 1 lime

1 serrano chile, minced (for less heat, remove the seeds)

2 tablespoons low-sodium soy sauce, or to taste

1 cup [Vegetable Stock](#), or low-sodium vegetable broth

3 cups mixed vegetables of your choice, such as edamame, water chestnuts, carrots, broccoli florets, or sugar snap peas

½ cup chopped cilantro

2 tablespoons minced mint

Quick and Easy Thai Vegetable Stew

This delicious Thai stew is a perfect dinner to serve to last-minute guests, but don't only save it for them—this will hit the spot anytime you're in the mood for Thai. The stew tastes great served over brown rice.

From *Forks Over Knives - The Cookbook*

Find this Thai stew recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Mix the soy or rice milk, arrowroot powder, and coconut extract. Set aside.
- 2 Place the onion in a large saucepan and sauté over medium-high heat for 7 to 8 minutes, or until the onion is tender and starting to brown. Add water 1 to 2 tablespoons at a time to keep the onion from sticking to the pan.
- 3 Add the garlic, ginger, curry paste, lime zest and juice, and serrano chile and cook for 30 seconds.
- 4 Add the soy sauce, soy/rice milk mixture, vegetable stock, and mixed vegetables, reduce the heat to medium, and cook for 10 minutes, or until the vegetables are tender.
- 5 Stir in the cilantro and mint and serve. **Note:** Thai Kitchen's Red Curry Paste is widely available, and recommended, but any vegan curry paste will suit.