



Makes 8 cups stew + 4 cups rice
Preparation Time: 25 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 cup chopped onion
1 cup chopped green bell pepper
½ cup chopped carrot
4 cloves garlic, minced
2 cups low-sodium vegetable broth
4 teaspoons curry powder
2 cups unsweetened coconut milk beverage
1¼ lb. butternut squash, cubed
1 10- to 12-oz. package fresh cauliflower rice
1 5- to 6-oz. package baby spinach
2 tablespoons lime juice
¼ cup chopped fresh cilantro
Sea salt, to taste
Freshly ground black pepper, to taste
4 cups hot cooked brown basmati rice
Lime wedges, sliced jalapeño peppers, and/or fresh cilantro (optional)

Curried Butternut Squash and Cauliflower Stew

Whip up this colorful **curry** stew when squash season is in full swing. Cubes of sweet butternut squash get mouthwateringly tender as everything simmers on the stove and cauliflower rice absorbs the fragrant flavors of the Indian-inspired broth. Green bell peppers, carrots, and spinach add extra veggie goodness, while cilantro and fresh lime juice, added just before serving, brighten things up. Ladle a hearty portion over a bed of brown rice and enjoy a comforting meal that warms you up from the inside out.

For more vegan curry recipes, check out these tasty ideas:

- [Chickpea Curry Stew with Kale](#)
- [Easy Turmeric Eggplant Curry](#)
- [Lentil, Chard & Sweet Potato Curry](#)
- [Red Curry Noodle Soup](#)

Tip: To avoid going overboard on saturated fat, make sure to use refrigerated coconut milk beverage and not canned coconut milk for this recipe.

By Nancy Macklin, RDN

- 1 In a 5- to 6-quart Dutch oven cook onion, bell pepper, carrot, and garlic over medium 4 minutes, stirring occasionally and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add curry powder; cook and stir 30 seconds. Add the remaining broth, the coconut milk, squash, and cauliflower rice. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until squash is very tender.
- 2 Transfer 2 cups of the stew to a small blender or food processor. Cover and blend until smooth; return to pan. Stir spinach into stew; cook 2 to 3 minutes or until spinach is wilted and tender. Stir in lime juice and cilantro. Season with salt and black pepper.
- 3 Serve stew over basmati rice. If desired, serve with lime wedges, jalapeño peppers, and/or cilantro.