

# Coconut Curry

Original Recipe by Shawna Horton for Power Nation Family



## Ingredients:

3 T coconut oil	1 Sweet potato, cubed
1 T Ghee (or butter)	2 stalks celery, chopped
1 T avocado oil	1 red bell Pepper, chopped
Paprika, to taste	1 small can organic mushroom pieces and stems
Onion, chopped, 1 C divided	2 zucchini squash, cubed
3 Roma tomatoes, chopped	2 Yellow squash, cubed
½ t salt + ¼ t salt	1 can unsweetened coconut cream
2 chicken thighs, washed, dried and cubed*	1 can coconut milk
1 garlic, chopped ??? How many cloves?	1 ½ T of Indian curry
2 C (or more) Riced cauliflower, microwaved 4-5 min until soft	1 ½ T of Muchi curry
	Cilantro

## Directions:

Left pot:

Put coconut oil in one large pot, add ½ C chopped onion and sauté over medium heat until translucent. Sprinkle with paprika to cover the enter bottom of the pan. Stir continuously to prevent burning. Continue to sauté until fragrant. Add tomatoes, stir and cook until tomatoes are soft. Add ½ t salt. Add \*chicken (optional), stir and cook until cooked through.

Add chopped garlic. It should look soupy. Add the rest of the vegetables-sweet potato, celery, red pepper, mushrooms, zucchini and yellow squash. Turn heat down to medium low, cover and steam for about 10 minutes. Add coconut cream and milk and curry seasonings. Stir. Simmer about 20 min until vegetables are fork tender (you will be able to poke the sweet potatoes with a fork). Leave uncovered until some of the liquid dissipates and then cover and cook 20 minutes. Add cilantro and stir.

Right pot:

Put ghee and avocado oil in separate large pot. Add ½ C chopped onion, caramelize over low heat. Add ¼ t salt. \*\*Add riced cauliflower to the onions. Cover and reduce heat to low and cook until rice cauliflower is tender.

Serve curry over cauliflower rice and garnish with cilantro.

\*Vegan Option: Or you can use chicken breast, turkey breast, turkey thigh, tofu, cauliflower, or chickpeas

\*\*For faster preparation, microwave the riced cauliflower 4-5 minutes prior to adding it to the onions

“Did I show up on time or what?”—Tony Horton

