



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
OF NEW MEXICO

Coconut Curry Stew



APNM's Executive Director makes this warming and luscious soup to comfort family and friends on a cold winter evening. Serve with warm bread for a satisfying meal. Serves six to eight.

- 3 tablespoons high-temperature cooking oil (grapeseed oil works well)
- ½ to ¾ medium onion, diced (about 1 cup)
- 4 to 5 large cloves of garlic, minced
- 1 stalk celery, diced
- 1 carrot, diced
- 10 fresh kale stems and leaves, chopped (keep lower, thicker stems separated from chopped leaves)
- 1 cup red lentils
- 2 veggie bouillon cubes (Rapunzel brand, unsalted)
- 1 small can or jar Red Thai chili paste (vegan: read labels, some contain fish)
- 1 sweet potato, washed well and cut into approximately 1" cubes (leave skin on)
- 3 – 4 tablespoons fresh cilantro, chopped
- 4 tablespoons lime juice
- 1 can organic coconut milk (lite, if preferred)
- Salt and pepper, to taste

Using as many organic ingredients as you can, make a rich broth by heating the oil in a thick-bottomed Dutch oven (cast iron is the best), and then add diced onions. Let them brown well but not burn. Add diced garlic, celery, carrots, and the kale stems (only). (The kale leaves will be added later). Let cook until soft. Add 4+ cups water, red lentils, and two veggie bouillon cubes diced up. Then stir in red curry paste and add the sweet potatoes (cubed) and cook. As things cook, you might have to add more water. Once lentils and sweet potato are cooked, add the rest of the kale, fresh cilantro, and lime juice to cook just a few minutes. Turn off the burner and add the coconut milk (never boil coconut milk). Add salt and pepper to taste.