

Butternut Squash Curry (Vegetarian & Gluten-free)

Makes ~7-8 servings



Ingredients

- 1 cup Uncooked brown rice
- 1 medium Onion, diced
- 2-3 Celery stocks, washed, and sliced small
- 1 medium Butternut squash, peeled and cubed into ½ inch bites
- 7-8 Parsnips, skinned and sliced
- 1/3 cup Curry paste
- 1 can (13.5oz) Coconut cream
- 1 can (13.5oz) Coconut milk
- 2 large Bell peppers (or 3 small), sliced in strips

Directions

1. Start cooking your rice
 - a. Add 2 cups of water and the rice to a pot and bring to a boil, stirring once
 - b. Reduce heat to low and cover for 40 min – do not open the lid!
 - c. Remove from heat and let stand for 5 min – keep the lid on!
 - d. Remove the lid and fluff with fork
2. While the rice is simmering on low start frying the onion and celery in a large pot on medium heat for about 3-4 min or until onions are almost translucent
3. Stir in the butternut squash, parsnips and curry paste and cook for another 3-4 min
4. Add the coconut cream and coconut milk, bring to a boil, then lower heat to medium-low and simmer for 20 min uncovered
5. Add the peppers and continue simmering for another 10 min
6. Serve on rice
7. Enjoy 😊