

Japanese Vegetable Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-japanese-vegetable-curry-recipe>

Ingredients:

- 2 teaspoons olive oil or ¼ cup, 60 ml water
- 1 yellow onion large, chopped
- 2 carrots peeled and cut into ¼-inch, 6 mm thick slices
- 2 tablespoons yellow curry powder
- 1 1/2 tablespoons tomato paste
- 1 tablespoon wheat-free tamari
- 2 teaspoons agave nectar
- 1/4 teaspoon cayenne pepper optional
- 1/3 cup applesauce
- 3 cups vegetable broth
- 1 potato large russet, peeled and cut into 1-inch, 2.5 cm dice
- salt
- freshly ground black pepper
- 1 tablespoon miso paste mellow
- 8 ounces extra firm tofu well drained, blotted dry, and diced
- 3/4 cup frozen peas fresh or, 98 g thawed

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 30 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 1170 milligrams
8. Sugar: 10 grams

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