

Thai Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/thai-curry-recipe-veg-recipes-of-india>

Ingredients:

- 19 ounces extra firm tofu or firm
- 2 tablespoons soy sauce or Bragg's liquid aminos
- 1 tablespoon oil
- spice to taste, cayenne powder or Sriracha sauce
- 1 can full fat coconut milk
- 3 potatoes medium-sized, peeled and chopped into 1/2-inch cubes
- 4 carrots medium-sized, peeled and sliced into rounds
- 1/3 cup green beans opt., I used frozen ones.
- 1 onion peeled and coarsely chopped
- 2 tablespoons soy sauce or Bragg's liquid aminos
- 1/2 tablespoon Thai Kitchen Red Curry Paste
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/8 teaspoon cumin optional
- 1/2 teaspoon turmeric
- 1/2 tablespoon cornstarch to thicken, opt.
- cayenne or Sriracha sauce to taste

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 52 grams
3. Fat: 40 grams
4. Fiber: 12 grams
5. Protein: 29 grams
6. SaturatedFat: 23 grams
7. Sodium: 1280 milligrams
8. Sugar: 10 grams

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