

Vegan Chinese Curry

Yield: 12 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-chinese-recipe-soy-curls>

Ingredients:

- 1 sweet onion or medium white, sliced
- 2 bell peppers sliced
- 2 cups potatoes diced
- 1 1/2 cups snow peas or peapods, trimmed
- 8 ounces water chestnuts drained, optional
- 8 ounces bamboo shoots drained, optional
- 2 1/2 cups vegan chicken broth see note 1
- 8 ounces soy curls optional
- 1 1/2 cups vegan chicken broth optional
- 4 cloves garlic minced
- 1 ginger minced, to taste, use less for mild curry
- 2 tablespoons curry powder to taste
- 2 teaspoons Chinese five spice powder to taste
- green onion for garnish, optional
- cooked rice or noodles for serving, optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 21 grams
3. Fiber: 3 grams
4. Protein: 3 grams
5. Sodium: 10 milligrams
6. Sugar: 3 grams

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