

## Vegetable Curry

This delicious, quick and easy dinner can be enjoyed by the whole family!

*Makes 4 adult servings with 5.56 exchanges or 84mg of Phe each. Total recipe: 22.21 exchanges or 333mg Phe. Preparation time: 10 min. Cooking time: 15 min.*

### Ingredients:

70g Onion  
10g Garlic  
120g Bell Pepper  
120g Celery  
140g Green Bean  
140g Carrot  
30g Apple, peeled & cored  
2 tbsp Olive Oil  
2 packets G. Washington Golden Broth  
24 oz. hot water  
3 tsp Curry Powder  
Salt & Pepper, to taste  
1 tbsp Cornstarch  
2 tbsp cold water



### Instructions:

Dice first 7 items. Heat olive oil over med-high heat in fry pan. Cook onions and garlic until golden, about 2 min.

Stir frequently to prevent burning! Add green beans and carrots and cook until softened, about 5 minutes. Add Celery and Peppers and cook another 2 minutes. Mix broth packet in 12oz of water and add to fry pan. Add apple, curry, salt and pepper. Reduce heat and simmer to desired tenderness, about 5 minutes. Mix cornstarch with 2 tbsp cold water and add to fry pan. Stir well until thickened. Spoon over rice or pasta (or low-protein rice/pasta) and serve!