**Thai Red Curry with Vegetables**

**Servings:**  4

**Prep Time**:  5 Minutes

**Cook Time**:  25 Minutes

**Total Time**:  30 Minutes

**Equipment Needed**: Deep Skillet, Measuring Utensils, Knife, Can Opener

**Ingredients:**

1 1/4 Cups  Brown Jasmine Rice OR Long-grain Brown Rice, rinsed

1 Tablespoon  Coconut OR Olive Oil

2 Tablespoons  Garlic, minced

1 Tablespoon  Ginger, minced (1 inch)

1  Onion, chopped

1 1/2 teaspoon  Brown Sugar OR Coconut Sugar

1 Tablespoon  Liquid Aminos OR Coconut Aminos

1 Can  Coconut Milk, 14 ounces

2 teaspoons  Lime Juice, fresh

1/2 Cup  Water

1  Red Bell Pepper, sliced into thin 2-inch strips

1  Yellow Bell Pepper, sliced into thin 2-inch strips

3  Carrots, peeled, sliced on the bias, 1/4-inch thick (diagonally)

1 1/2 Cup  Kale, any variety, ribs removed, thinly sliced

 Salt to taste

**Directions:**

1. Cook the Rice and set it aside. Warm a large skillet with deep sides on medium heat and add the oil. Once it’s hot, add the onion, ginger, garlic, and salt, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
2. Add the Coconut Milk, Water, Lime Juice, Sugar, Bell Peppers, and Carrots. Cook until the Bell Peppers and Carrots are fork-tender, about 5-10 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
3. Add the Kale and stir to combine. Bring the mixture to a simmer, reducing heat as needed to maintain a gentle simmer until everything is softened to your liking, about 5-10 minutes.
4. Remove from heat. Divide rice and curry into bowls, salt as needed.
5. Eat and Enjoy!