



# Welcome to the Club Curry

From: Adam Curry

Prep Time: 30 min

Serves: 6

Cook Time: 1.5 hours

## Instructions

- 1) In a large pot, add veggie broth, diced red onion, chopped kale,  $\frac{3}{4}$  of the cabbage,  $\frac{1}{2}$  of the celery, minced garlic, chopped beet, red curry paste, cumin and smoked paprika. Heat on medium heat until everything is soft (30-40min)
- 2) While the above is heating, chop cauliflower, carrots, and sweet potatoes.
- 3) When ingredients from (1) are soft, blend with an immersion blender until well blended (2-4 min)
- 4) Taste and add salt and pepper. Can also add more smoked paprika and cumin if needed.
- 5) Once desired seasoning levels have been met, add remaining chopped cabbage and celery, along with the carrots, cauliflower, and sweet potatoes. Heat over medium heat until chopped vegetables are soft (60-90 min)
- 6) Drain and rinse the black beans. Add them along with the coconut milk and honey and stir well. Cook an additional 10-15 minutes.
- 7) Enjoy!

## Notes

## Ingredients

- Veggie broth 1.5 boxes
- Kale - half bunch chopped
- Red onion – small diced
- Purple Cabbage – half head shredded
- Garlic - 5 cloves minced
- Celery - 1 whole stalk chopped
- Beet – small diced
- Carrots – 5 large chopped
- Cauliflower – half head chopped
- White sweet potatoes – 2 diced
- Honey –  $\frac{1}{4}$  cup
- Red curry paste - half a jar
- Cumin—1 tablespoon
- Smoked paprika—1 tablespoon
- Salt—1 tablespoon
- Pepper—1 tablespoon
- Black beans - 1 can
- Coconut milk - half a can

