



Curried Vegetables with Rice

Any combination of:

Cauliflower, Broccoli, Organic Potatoes,
Sweet Potato, Carrots, Okra, Onion, Zucchini

Place bite-sized chunks in pot with enough water to
steam soft. Then add:

Curry Powder to taste (there are many flavors of Curry,
some spicy, some mild)

Pink Salt

Black Pepper

...and if desired, Coconut Milk.

Serve over Organic Brown or White Basmati Rice.

Rice can be cooked in Water, Organic Chicken Broth or
Coconut Milk.

*Also nice with cubes of Sauteed Chicken or Fish