

Coconut Curry

INGREDIENTS

- 2-3TBS coconut oil
- 1 red onion, diced
- 3-4 carrots, chopped
- handful green beans, chopped
- 1-2TBS grated ginger
- 1-2TBS curry
- 1tsp sea salt
- 2C chicken bone broth
- 1 can full fat coconut milk
- 1 can coconut cream
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1/2C crimini mushrooms, halved
- 1/2C cherry tomatoes
- handful asparagus, chopped

- Optional:
 - basil
 - red pepper flakes
 - bok choy
 - jalepenos

1. Melt coconut oil in a large pot and add onion, carrots and green beans. Sauté for a few moments until they begin to sweat (2-3 minutes).
2. Add sea salt, curry and ginger and mix.
3. Add broth, coconut milk and coconut cream. Bring to boil then reduce to simmer for 12-15 minutes.
4. Add remaining veggies and stir.
5. Serve garnished with basil, jalapenos, red pepper flakes and optional to add in bok choy.