



# FORKS OVER KNIVES™

## Quick & Easy Thai Vegetable Stew | by Chef Del Sroufe

From *Forks Over Knives – The Cookbook*

Serves 4



- 1 medium yellow onion, peeled and diced small
- 2 cloves garlic, peeled and minced
- 2 teaspoons minced ginger
- 2 teaspoons Thai red chili paste\*, or to taste
- Zest and juice of 1 lime
- 1 serrano chile, minced
- 2 tablespoons low-sodium soy sauce, or to taste
- One 14-ounce can lite coconut milk\*\*
- 1 cup Vegetable Stock (recipe follows)
- 3 cups mixed broccoli florets and sugar snap peas, or chopped vegetables of your choice
- ½ cup chopped cilantro
- 2 tablespoons minced mint

\* Many curry pastes include animal products. We suggest using a curry paste from Thai Kitchen.

\*\*For a low-fat version, substitute the coconut milk with the following ingredients mixed together: 1½ cups unflavored soy or rice milk, 1 teaspoon arrow root powder and ½ teaspoon coconut extract.

### **Instructions:**

Place the onion in a large saucepan and sauté over medium-high heat for 7 to 8 minutes, or until the onions are tender and starting to brown.

Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan.

Add the garlic, ginger, chili paste, lime, and serrano chile and cook for 30 seconds.

Add the soy sauce, coconut milk (or soy/rice milk mixture), vegetable stock, and the broccoli and sugar snap peas, reduce the heat to medium, and cook for 10 minutes, or until the vegetables are tender.

Stir in the cilantro and mint and serve over brown rice.

*Note: This is a higher fat recipe and should be used only on occasion. Substituting out coconut milk will make this lower in fat, and such an option is provided above.*

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## **Vegetable Stock**

*Makes about 6 cups*

**1 large onion, peeled and chopped**  
**2 large carrots, peeled and chopped**  
**2 celery stalks, chopped**  
**8 cloves garlic, peeled and smashed**  
**8 sprigs parsley**  
**1/2 cup green lentils, rinsed**

### ***Instructions:***

Scrub the vegetables and chop them roughly into 1-inch chunks. In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain the stock carefully and discard the solids.

### ***Note:***

Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water.