

WELL YOUR WORLD



# HEALTHY PLANT-BASED RECIPES

## Easy Butternut Squash Curry

### INGREDIENTS

- 1 large red onion, chopped
- 1½ red bell peppers, seeded and cut into large chunks
- 3-4 garlic cloves, minced
- 1" fresh ginger, minced
- 2 tablespoons WYW Indian Blend
- 1 tablespoon WYW Sel-Acious Salt Substitute
- ¼ teaspoon cayenne (optional)
- 1 cup unsweetened soy milk
- 1 tablespoon unsweetened shredded coconut
- 2 tablespoons Bada Bing Bouillon
- 2 cups water
- 2 10-12oz. bags frozen butternut squash, cubed
- 1 bunch Tuscan kale or your favorite greens, chopped
- 1 lime, juiced

### To Serve:

- rice or noodles
- fresh cilantro
- cashews
- sesame seeds

### METHOD

Add the onion, bell pepper, garlic, and ginger to a Dutch oven and sauté over medium-high heat for about 5 minutes, or until tender, adding water or veggie broth as needed to keep from sticking.

Add the WYW Indian Blend, Sel-Acious, and cayenne. Sauté for another 1–2 minutes, stirring frequently.

Blend the soy milk and shredded coconut until smooth to make your homemade coconut milk. Pour the broth and coconut milk into the pot, then add the frozen butternut squash. Stir everything together, bring to a boil, then reduce the heat and simmer for about 15 minutes, or until the squash is tender and the curry has thickened to a rich, gravy-like consistency.

Add the greens and stir gently. Bring to a low heat until the greens have wilted, about 2–3 minutes. Remove from heat and stir in the lime juice.

Serve over cooked brown rice and top with fresh cilantro and a drizzle of tahini if desired.

