

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Yellow Vegetable Curry



2 large carrots, cut in half and then diced

1 onion, diced

1 potato, diced

2 Tbls. curry powder

Sea salt, to taste

1 can coconut milk

1/2 cup peanut sauce (365 brand from Whole Foods)

1-2 Tbsp. raw agave

2-3 cups spinach

Saute first five ingredients in a little coconut oil until tender. You may need to add water and cover to finish the potatoes. Add the curry in at a point without water to toast it a little.

Then add next three ingredients and simmer until thickened. Remove from heat and add the spinach. Serve with your favorite grain, rice, quinoa, or couscous.

This recipe is taken from Green Smoothie Girl Readers' Favorite healthy Recipes Volume 2; edited by Robyn Openshaw, submitted by Sharon.