



Toddler Approved Vegetables – Easy Vegetable Curry

Author: Danielle Walker - AgainstAllGrain.com

INGREDIENTS:

- 1 tablespoon [coconut oil](#)
- 2 cups vegetables, fresh or frozen (I used a broccoli, carrots, snow peas, zucchini, and mushrooms)
- 1 garlic clove, minced
- 2 teaspoons [fish sauce](#)
- 2 kaffir lime leaves, fresh or [from the jar](#)
- 1 teaspoon [coconut aminos](#)
- ½ teaspoon fresh ginger, grated
- ½ teaspoon [cumin](#)
- ½ teaspoon turmeric
- ¼ teaspoon coriander
- dash nutmeg
- pinch of cayenne (optional for kids or nightshade free)
- ½ cup [coconut milk](#)

INSTRUCTIONS:

- 1 Heat the oil in a skillet over medium-high heat.
- 2 Add the vegetables, garlic, fish sauce, kaffir leaves, coconut aminos, ginger, and spices. Saute for 5 minutes, stirring occasionally.
- 3 Add the coconut milk and simmer for 10 minutes, until the vegetables are cooked and soft.

Note: This recipe only makes a lunch portion for 1 adult, but is easily doubled or tripled for more people.

<http://againstallgrain.com/2012/07/28/toddler-approved-vegetables-easy-vegetable-curry/>