

# Vegan Vegetable Curry

Here you go for Meatless Monday! Tons of veggies, tons of flavor, tons of yum! Enjoy!

xoxo,

Kristin

- **Roast:** Preheat oven to 420F. Place vegetables in one layer over a large sheet pan lined with parchment. Season with olive oil, salt, and pepper. Toss to combine well. Bake for 25-30 minutes, middle rack.
- **Vegan Curry Sauce:** In the last 10 minutes while the vegetables are roasting in the oven, add 3 tbsp olive oil to a well-heated large skillet or dutch oven. Saute aromatics over medium heat with a pinch of salt until fragrant, about 2 minutes.
- Turn the heat down to low. Stir-in turmeric, coriander, and cumin powder, saute for 30 seconds. Add coconut milk, almond butter, and tamarind concentrate. Stir often until the almond butter is completely dissolved, about 2-3 minutes.
- **Combine:** Add roasted vegetables to the curry sauce. Gently toss to coat the sauce over. Serve hot or warm.

## Notes

For thinner sauce, add more milk or vegetable/chicken stock 1 tbsp a time until your desired consistency.

You can also swap the vegetables for carrots, zucchini, yellow squash, too, if you can't have nightshades. Dice them

to small bite size chunks before roasting.

Tamarind concentrate substitute: The real tamarind concentrate tastes fruity, tart, and with hint of natural sweetness. It is used as a sour agent in Southeast Asian and Indian cooking. It shouldn't taste sweet like a fruit jam at all. In my opinion, tamarind concentrate tastes quite similar to unsweetened sour plum

Recipe from:

<https://iheartumami.com/whole30-vegan-vegetarian-curry/>