

Indian Vegetable Curry

Ingredients:

- 2 cups brown rice
- 1½ Tbsp butter
- 1 Tbsp garlic, minced
- ½ cup diced onion
- 2 cans garbanzo beans (be sure to check the label for a non-BPA lining and recognizable ingredients)
- 4 tsp curry powder
- 2 cups vegetable broth
- 1½ cups yellow squash, sliced into half moons
- 2 cups zucchini, sliced into half moons
- ¼ tsp salt
- 4 tsp lime juice
- 2 tsp fresh cilantro

Directions:

1. Cook rice according to package
2. Melt butter in a large pot on medium heat
3. Add garlic and onion, and cook until translucent
4. Add drained and rinsed garbanzo beans and half of the curry
5. Cook for 5 to 6 minutes, stirring frequently, then add vegetable broth and increase heat to bring to a low simmer
6. Cover and continue to simmer for 5 minutes
7. Add yellow squash, zucchini, remaining curry powder, salt and lime juice, and stir until well combined
8. Cover and continue cooking for 5 to 7 minutes
9. Remove from heat, add cilantro and serve with rice



December

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12 <small>Hanukkah begins</small>	13	14	15
16	17	18	19	20 <small>Hanukkah ends</small>	21 <small>Winter begins</small>	22
23/30	24/31	25 <small>Christmas Day</small>	26	27	28	29



OUR GRANTS AT WORK

This recipe was provided by our partner in Texas, Anneliese Tanner, at Austin Independent School District, which has received \$600,000 in grant funding from the Life Time Foundation to remove the Harmful 7. Together we are poised to positively impact nearly 84,000 students in the Austin community.

HOW YOU CAN HELP

Eliminate the Harmful 7™ at home with help from lftfoundation.org

November

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2