



Quick and Easy Vegetable Thai Red Curry

2 teaspoon coconut oil
8 oz. firm tofu
1 tablespoon red curry paste
1 cup sliced halved zucchini
1 red bell pepper seeded and sliced into strips
½ cup sliced carrots
1 onion quartered then halved
1 tablespoon cornstarch
1 (14 ounce can) light coconut milk
2 tablespoons chopped fresh cilantro

1. Heat oil in large skillet over medium-high heat. Add zucchini, bell pepper, carrot, onion and curry paste. Cook and stir for a few minutes.
2. Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 1 minute. Right before serving stir in the cilantro

Prep time: 10 minutes
Cook time: 10 minutes
Servings: 4