



**CARIBBEAN BELL PEPPER CURRY**

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**Prep time:** 10 Minutes

**Cook time:** 15 Minutes

**Servings:** 4 People

## INGREDIENTS:

**2 cups** Bell Pepper, chopped

**1 cup** Cherry Tomatoes

**½ cup** white rice

**1 cup** onion, chopped

**1 tbsp.** chopped fresh thyme

**1 1/2 tsp.** curry powder

**3** garlic cloves, minced

**2 cups** unsalted vegetable broth

**1 cup** carrot, sliced ½ inch thick

**½ tsp.** cayenne pepper

**2** medium zucchini, halved lengthwise and sliced (about 3 cups)

**1 tbsp.** olive oil

Salt & pepper, to taste

## DIRECTIONS:

Heat oil in a large nonstick pan over medium-high heat.

Slice carrots ½ inch thick and add to pan. Sauté for 3-4 minutes. Chop Bell Peppers, onion, thyme, and zucchini while mincing garlic. Add the remainder of the vegetables into the pan and sauté for 5 minutes or until vegetables are tender. Add 1 cup broth, and all seasoning into the pan; simmer for 3 to 4 minutes. Reduce heat and cook for 5 minutes additional minutes

Add remaining broth to a pan at medium heat. As the broth begins to boil, add rice, salt & pepper; cover.

Stem rice for about 15-20 minutes.

Serve vegetable mixture atop rice.

## CHEF'S TIP:

To add a different flavor, substitute vegetable broth for chicken or beef broth.