

# Caribbean BELL PEPPER CURRY

Extremely nutritious, loaded with vitamins & packed full of flavor; this Caribbean Bell Pepper Curry will spice things up a little!



Nutrition Facts	
Serving Size (437g) Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 5g</b>	8%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 170mg</b>	7%
<b>Total Carbohydrate 24g</b>	8%
Dietary Fiber 5g	20%
Sugars 10g	
<b>Protein 4g</b>	
Vitamin A 190%	Vitamin C 200%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 10 minutes  
**Cook time:** 15 minutes  
**Serves:** 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

## CHEF'S TIP:

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

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## 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.

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