

Veggie Curry and Rice

Makes 6 servings

Ingredients

- 1 cup (250 mL) uncooked rice
- 2 cups (500 mL) water
- 1 small onion, diced
- 1 bag (750g) frozen mixed vegetables
- 2 cups (500 mL) vegetable or chicken broth
- 1 can (400 mL) coconut milk
- 1 can (540 mL) chickpeas, rinsed
- 1 Tbsp (15mL) curry powder
- ½ tsp (2.5mL) dry ground ginger
- Salt and pepper, to taste

Directions

1. Set out all the ingredients.
2. Rinse chickpeas and onion under cool running water.
3. Dice onion.

Rice:

4. In a small pot with a lid, cook rice using package instructions.
5. **Careful, it's hot!** Remove pot from heat. Fluff rice with a fork.

Curry:

6. In a large pot on high heat, add onion, mixed vegetables, and broth. Bring to a boil. Turn heat to low.
7. **Careful, it's hot!** Add coconut milk, chickpeas, curry powder and ginger.
8. Stir. Let curry simmer to heat coconut milk, about 5 minutes.
9. Serve over prepared rice.



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Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Get creative!** Use different vegetables from your pantry, fridge or freezer.
- **Have leftovers?** Let cool, then store in covered container in the fridge for up to 3 days.
- **Like it spicy?** Add more curry and ginger!

Enjoy your balanced plate of vegetables, protein and whole grains!

▶ **Watch the how-to-video!**
foodliteracyptbo.ca

Adapted from: BudgetBytes, 2026