

Summer Vegetable Curry Recipe



Although I like to keep meal prep as simple as possible during the warmer months, every once in a while, it's nice to enjoy a satisfying bowl of simmering veggies in a flavorful broth.

This curry utilizes a ton of fresh organic produce, but don't worry – if you don't have this exact combo in your kitchen, you can use whatever veggies you've picked up at the farmer's market or grocery store.

You won't miss meat in this tasty bowl! And that's a good thing, because it keeps this dinner anti-inflammatory. On Thursday, I'll tell you how to stop arthritis in its tracks with

my 4-step plan, so if you have arthritis or any chronic inflammation, don't miss that.

And in the meantime, give this anti-inflammatory recipe a try and let me know what you think over on [Facebook](#).

SUMMER VEGETABLE CURRY

Ingredients [Serves 4]

- 1 onion, peeled and diced
- 1 tbsp. curry powder
- 2 carrots, peeled and diced
- 1 medium sweet potato, diced
- 2 medium summer squash, diced
- Small handful of green beans
- 2 cups garbanzo beans (cooked or canned, Eden Organics)
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups organic vegetable broth
- 2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper
- Fresh basil strips for garnish
- 2 tbsp. coconut oil



Directions

In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6 to 8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the sweet potatoes are tender (about

15 minutes). Add the greens, then season with salt and pepper.

Serve with quinoa if you'd like. Garnish with basil.

What's great about this dish is that it is high in MINERALS, and you need more minerals to neutralize the ACID in your body, which is what keeps the inflammation levels down.

Same goes for all the coffee drinkers out there. In fact, 84% of you reading this right now most likely had a cup of coffee today. But did you know that the average cup of coffee (organic included) is 1,000x more ACIDIC than the water you drink?



With all that acid, the coffee is draining you of the MINERALS your body needs to perform both mentally and physically. Every cup you drink is also increasing the INFLAMMATION in your body by 54%!

That all ends RIGHT NOW with our brand-new product, [ACID-KICKING COFFEE CREAMER!](#)

It contains your **Top 4 ACID-FIGHTING MINERALS** to get rid of all that ACID that is draining your batteries before your day even begins.

That's day to day – but what about over time. A cup day in and day out is literally prematurely aging you...

So add 1 scoop of our new powdered creamer, and in addition to losing the ACID, you are adding **MCT Oil and Coconut Oil**, your **Top 2 Plant-Based Keto Fats**, as well as some **Pure Himalayan Pink Salt** to give you 84 trace minerals to ENERGIZE your body and crush your sugar cravings for the day...

And **3 Enzymes** to breakdown, absorb, and burn body fat as fast as possible.

[ACID-KICKING COFFEE CREAMER](#), available now at [GETOFFYOURACID.COM](#)