

THAI STEW



RECIPE NAME: Thai Longevity Stew

RECIPE DESCRIPTION: Thai Soup

ACTIVE TIME: 20 minutes

TOTAL TIME: 45 minutes

SERVINGS: 4

bon COOK PRODUCTS USED: Stainless-Steel Mixing Bowl, Eco-Chop. Garlic Press, Magnetic Measuring Trio, Citrus Press, FRENCH PANTRY Roasted Garlic Oil, FRENCH PANTRY Roasted, Garlic & Chive, Mini Whisk, Le Petit Grater

INGREDIENTS:

- 2 tablespoons FRENCH PANTRY Roasted Garlic Oil
- 6 cloves of garlic, chopped
- 2 tablespoons FRENCH PANTRY Roasted, Garlic & Chive
- 1 teaspoon ginger, minced or ground
- 2 teaspoons turmeric, ground
- 1 ½ tablespoons jalapeno pepper, minced
- 3 cups of sliced leeks, split lengthwise and separated to wash well, then coarsely chopped
 - 2 cups mushrooms, quartered
 - 1 cup shredded carrots
 - 2 1/2 cups cabbage
 - 2 cups snow peas

- 1 cup vegetable or chicken broth
- ½ cup unsweetened almond milk
- ½ cup unsweetened shredded coconut
- 1 lime, juiced
- red pepper, crushed (optional)
- 2 tablespoons fresh cilantro, chopped, for garnish

DIRECTIONS:

1. In a large soup pot, heat 2 tablespoons of FRENCH PANTRY Roasted Garlic Oil over medium-high heat and add the garlic, ginger, FRENCH PANTRY Roasted, Garlic & Chive Herb Blend, turmeric, jalapeno pepper, leeks, and mushrooms.
2. Cook for five minutes, stir periodically. Add the carrots, cabbage, and snow peas and a little water if needed. Cook and stir for another 7 minutes or until vegetables are tender.
3. In a medium size bowl, combine ¾ of the broth, the almond milk, coconut, and lime juice and set aside.
4. In a small bowl mix the peanut butter with remaining broth to make a smooth sauce.
5. Add the peanut butter mixture, to the remaining large bowl of combined ingredients, stir until blended and add to the stew, simmer until hot. Add crushed red pepper if desired serve hot, garnished with cilantro.

bon TIPS:

- Add in 6 ounces of shrimp or scallops, chopped to the stew.
- 1/4 cup unsalted unsweetened peanut butter, if desired