

Japanese Houjicha Curry



 Serves 6

Adapted from “Vegetarian Times”

- 1 Tbs. organic olive oil
- 2 medium yellow onion, diced (2 cups)
- 3 large organic carrots, cut into ½-inch-thick half moons (1½ cups)
- 2 ½Tbs. curry powder
- 1 teaspoon organic turmeric powder or minced fresh.
- ½ teaspoon Houjicha tea powder (Houjicha ground into a powder) *optional*
- 2 cloves garlic, minced (2 tsp.)
- 1 Qt. (32oz) low-sodium vegetable broth
- 1 small organic sweet potato, 4 small organic purple potatoes, cubed (2 cups)
- 1 small organic apple, peeled and finely grated (½ cup)
- 3 Tbs. organic ketchup
- 1 Tbs. vegetarian Worcestershire sauce
- 1 Tbs. organic white miso paste
- 1 cup fresh or frozen shelled organic & gmo free edamame

Heat oil in large pot over medium heat. Sauté onion 7 to 9 minutes, or until starting to brown. Add carrots, and sauté 5 minutes. Stir in curry powder, Houjicha powder, turmeric and garlic, and cook 1 minute, or until fragrant. Add broth, potatoes, apple, ketchup, Worcestershire sauce, and miso; bring to a simmer. Reduce heat to medium-low, and cook 30 minutes, or until potatoes are tender. Add edamame, and simmer 5 minutes more. Serve with Garlic Toast.