



Curried Steak

1 can Vegetable Steaks

3 carrots, cut in ½ inch chunks

2 large or 3 medium potatoes, cut into chunks

1 tablespoon curry powder, or to taste

1/2 teaspoon sea salt

½ -1 can coconut milk

2 cups water

2 cups cooked rice

Directions: Cut the Vegetable Steaks into bite-sized pieces and fry lightly in a skillet. In a large saucepan with 2 cups water, cook the carrots and potatoes until almost tender. Add the Vegetable Steaks, coconut milk, sea salt and curry powder. Let simmer for 5 minutes. Serve over cooked rice.

Submitted by Molly V. of North Carolina