



Curry Cream Sauce

A Quick & Tasty Curry 'Base' Sauce, Perfect For Customizing

If you've ever wanted to try your hand at making a basic curry dish, but are too intimidated to get a bunch of exotic ingredients? This sauce is a simple and flavorful base you can toss together with things you most likely have in your pantry already. If you don't have curry powder already... you don't have to go looking for exotic blends. Start out simple and just get one from your local grocery store. No need to take a trip down the Silk Road.

Ingredients:

- 2 cups diced onion
- 3 medium garlic cloves, crushed, minced
- 2-1/2 tsp curry powder
- 3/4 tsp ground turmeric
- 2 cups fat free chicken broth
- 1/2 cup plain unsweetened almond milk (not Vanilla!!!!)
- 1-1/2 Tbsp cornstarch, dissolved into 2 Tbsp water
- cooking spray
- additional salt and pepper, to taste

Serving Info.:

Yields: 3-1/2 cups
Servings: 7
Serving Size: 1/2 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Heat a medium sized pot over medium heat. Spray with cooking spray, then add the onions, curry powder and turmeric. Spray again with cooking spray, then cook over medium heat for 4-5 minutes, till onions begin to soften.
2. While the onions are cooking, occasionally use a wooden spoon to scrape the powders from the bottom of the pan, where they will start to collect and harden. You do not want to let them burn.
3. Add the garlic and cook for 2 more minutes.
4. Add the chicken broth, almond milk and dissolved cornstarch. Bring to a boil, reduce heat to medium, then cook at a boil for 5-6 minutes, till sauce begins to thicken.
5. Season with additional salt and pepper if desired.

Notes:

- THIS IS A BASE SAUCE! Customize it to however you want it. Feel free to add some lime juice, a little coconut milk, whatever you want. As is, this is a delicious, mild, non spicy base sauce.
- Add cooked protein into this sauce and let it simmer for a hearty 'curry' dish. Want to up it a bit? Add some potatoes and peas. Boom... quick, easy and simply curry.
- If you're allergic to almond milk, feel free to use ANY low calorie, milk-type beverage you can have, but adjust your points accordingly, if necessary.