

Coconut Curry Sauce (Freezer Sauce)

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Yield: 3 1-3/4 cup portions

2 tablespoons ground cumin
2 teaspoons ground coriander
2 teaspoons garam masala
2 teaspoons dry mustard
1 teaspoon crushed red pepper
2 cups chopped sweet onion
8 cloves sliced garlic
1/4 cup chopped fresh ginger
1 can (14.5 ounce) fire-roasted diced tomatoes, undrained
1 can (14.5 ounce) unsweetened coconut milk
1/2 cup lime juice

In a dry medium skillet, toast the cumin, coriander, garam masala, mustard, crushed red pepper and two teaspoons salt for 1 minute over medium heat, stirring the spices constantly. Transfer the toasted spices to a blender.

In the same skillet, cook the onion, garlic and ginger in two tablespoons of hot oil. Cook for 4 minutes or until the onion just starts to brown on the edges. Add to the blender with the spices. Add the undrained fire-roasted tomatoes, coconut milk and the lime juice. Cover. Blend the mixture until smooth.

Divide the sauce into three two-cup freezer containers (or six one-quart resealable freezer bags). Cover and freeze for up to six months.

Per Serving (excluding unknown items): 240 Calories; 5g Fat (calories from fat); 8g Protein; Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 36mg Sodium; Exchanges: 1/2 Grain (Starch); Lean Meat; 5 1/2 Vegetable; Fruit; 1/2 Fat.