

Mushroom Curry

4 tbsp Nucoa margarine
2 cups chopped onion
1/2 tsp garlic powder
1 tsp salt
1/2 tsp black pepper
5 tsp curry powder
1 cup chopped celery
3 cups chopped mushrooms
1 cup water
3 large Granny Smith apples
14 oz can tomatoes
1 tbsp honey
2 tbsp lemon juice



In a large skillet, saute onions and garlic in margarine. After a few minutes, add salt and spices. When onions are soft, add celery and mushrooms. (You may need to add about 1/2 cup of water to prevent sticking.) Mix well, cover, and simmer about 5-8 minutes on low heat.

When celery is slightly tender, add apples and tomatoes (both in 1.5 in slices). Mix and continue cooking until everything is just tender, not too mushy. (Additional water might be needed.) Turn off heat. Add honey and lemon juice; mix and let sit, covered before serving. Makes 8 cups.

Per recipe: 375 mg phe. Per serving (1/2 cup): 23 mg phe

Recipe adapted from the Moosewood Cookbook, by Mollie Katzen, 1977.