

Veggie and Rice Curry
Serves 12

Prepare using package directions:

- 3 cups uncooked rice

Meanwhile, in a large electric frying pan over high heat, stir until fragrant (about 30 seconds)

- 4 tsp Curry Powder

Stir in:

- 2 16oz cans sliced potatoes
- 2 16oz bags of frozen veggie medley (broccoli, cauliflower and carrots)
- 2 15oz cans chickpeas (also called garbanzo beans)
- 2 14 ½ oz cans stewed tomatoes

Reduce heat to medium high; cover and cook about 8 minutes.

Blend together in separate bowl:

- 2 13 ¾ oz cans cold vegetable or chicken broth
- 4 Tbls Cornstarch

Stir broth/cornstarch into vegetables. Cook until glossy and thickened.

Grease deep foil pan. For safe handling, support casserole from beneath with cookie sheet or tray.

When rice is finished, fluff with a fork and turn out into foil pan. Pour vegetable curry over rice, and spread evenly.

Cover casserole with aluminum foil sprayed with cooking spray (to keep from sticking.)

Stick label on top stating name of casserole, date prepared, and your name.

Immediately cool the casserole in refrigerator or freezer.

Only prepared casseroles **at or below 41°F** can be received in the TPC kitchen.

Casserole will be baked on Sunday at 350 degrees for about 1 hour (if thawed) or 2 hours (if frozen), until internal temperature reaches **165°F** and contents are bubbly hot and top is beginning to brown.

What shall I bring to the Lord, the God of heaven, when I come to worship Him?

*The Lord has told us what is good. **What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God. (Micah 6:6 and 8)***

Thank you for caring – and sharing.
TPC Sunday Community Lunch