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Subject: Japanese Curry with Edamame – Low-Fat Recipe of the Week

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Japanese Curry with Edamame



Serves 6

"Japanese curries are thickened like gravy and much more simple in flavor than those of Thailand," says Trang. If you can find it, S&B Oriental Curry Powder gives this dish a distinctive sweet heat.

- 1 Tbs. vegetable oil
- 1 large onion, diced (2 cups)
- 3 large carrots, cut into ½-inch-thick half moons (1½ cups)
- 2½ Tbs. curry powder, such as S&B
- 2 cloves garlic, minced (2 tsp.)
- 3 cups low-sodium vegetable broth
- 2 small Yukon gold potatoes, peeled and cubed (2 cups)
- 1 small apple, peeled and finely grated (½ cup)
- 3 Tbs. ketchup
- 1 Tbs. vegetarian Worcestershire sauce
- 1 Tbs. miso paste
- 1 cup fresh or frozen shelled edamame

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