



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Pear and Sweet Potato Red Thai Curry

6 Servings

Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves or slices, in juice, drained and juice reserved
1 tablespoon canola or vegetable oil
1 cup thinly sliced onions
2 tablespoons finely chopped or grated fresh gingerroot
1-1/2 teaspoons finely chopped garlic
3 cups vegetable broth
3 tablespoons soy sauce
2 tablespoons rice wine vinegar
1/2 to 1 tablespoon Thai curry paste, red or green
1-1/2 cups peeled and diced sweet potatoes
1 cup shredded carrots
1 cup julienned bell pepper strips, a mix of colors
1 cup coconut milk
1/4 cup coarsely chopped fresh cilantro
1/4 cup freshly squeezed lime juice
1 tablespoon finely chopped or grated lime zest
3 cups cooked rice, for serving
Toasted coconut, finely chopped scallions and chopped peanuts for garnish, as desired

Method

Pour the reserved pear juice into a measuring cup and add water to measure 1 cup. Dice pears and set aside.

In large, heavy pot over medium heat, heat the oil. When it is hot, add the onions and sauté 3 minutes. Stir in ginger and garlic and continue to cook 2 minutes. Pour in the broth, reserved pear juice, soy sauce, vinegar and curry paste; bring to a boil. Reduce the heat and simmer 5 minutes.

Add the potatoes and carrots; simmer 10 minutes. Stir in peppers and return to a simmer. Mix in pears and return to a simmer. Keep warm. Just before serving, add the coconut milk and return to a simmer. Stir in cilantro, lime juice and zest.

To serve, evenly divide the soup between 6 bowls. Top with 1/2 cup rice. Garnish with toasted coconut, minced scallions and chopped peanuts, if desired.

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Nutrition

<i>Calories from fat</i>	50
<i>Fat</i>	5g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	800mg
<i>Carbohydrate</i>	35g
<i>Dietary Fiber</i>	5g
<i>Sugar</i>	16g
<i>Protein</i>	2g
<i>Vitamin A</i>	270%
<i>Vitamin C</i>	70%
<i>Calcium</i>	4%
<i>Iron</i>	4%