



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

Pear and Sweet Potato Red Thai Curry

24 Servings

Ingredients

1/4 cup canola or vegetable oil
4 cups thinly sliced sweet onions
1/2 cup finely chopped or grated fresh gingerroot
2 tablespoons finely chopped garlic
12 cups vegetable broth
2/3 cup soy sauce
1/2 cup rice wine vinegar
3 to 4 tablespoons Thai curry paste, red or green
2 pounds 10 ounces (6 cups) peeled and diced sweet potatoes
1-3/4 pounds (4 cups) shredded carrots
1-1/4 pound (4 cups) julienned bell pepper strips (mixed colors)
3 pounds (8 cups) Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
4 cups coconut milk
1 cup coarsely chopped fresh cilantro
1 cup freshly squeezed lime juice
1/4 cup finely chopped or grated lime zest
12 cups cooked rice, for serving
Toasted coconut, minced scallions and chopped peanuts for garnish, as desired

Method

In large, deep heavy stock pot over medium heat, heat the oil. Add the onions and sauté 3 minutes. Stir in ginger and garlic and continue to cook 2 minutes. Pour in broth, 4 cups reserved pear juice, soy sauce, vinegar and curry paste; bring to a boil. Reduce heat and simmer 5 minutes.

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

For each serving, ladle 1-1/2 cups soup into a bowl, top with 1/2 cup rice and garnish with toasted coconut, minced scallions and chopped peanuts, if desired.

Servings

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Nutrition

<i>Calories</i>	190
<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%