

## **Curried Turkey Casserole**

(Preparation time 15 minutes, cooking time 1 hour)

One can of organic coconut milk

Turkey leg with skin removed and meat cut into bit size pieces (firm organic tofu or organic chicken breast can be substituted)

1 8 ounce can of sliced bamboo shoots

1 cup of dried Shiitake mushrooms (available at Costco or Superstore)

1 package of Asian Home Gourmet Thai Red Curry Paste

1 stalk of organic broccoli chopped

½ head of organic cauliflower chopped

Stir together coconut milk and curry paste then add remaining ingredients except broccoli. Bake at 350 degrees, covered for 60 minutes and add broccoli last and cook for another 5 minutes. (Over cooking broccoli destroys the indole-3-carbinol responsible for its cancer fighting properties!)