There are so many types of curries hailing from different cultures around the world. Each is unique, but all seem to be delicious. Try one of these budget friendly curry recipes curated by our campus dietician, and dessert from the Kitchn.com! Your wallet and taste buds will be thanking her once you dig in!

MUSIC
Sway to some relaxing music while you simmer your curry of choice. This easy listening Spotify Dinner & Chill playlist will bring relaxation to your evening.

CONVERSATION
Spark new conversation with family, friends or roommates with the question of the night: Which one of your senses triggers your most vivid memories?

EDUCATION
Looking for tips to keep your pantry stocked, budget in check and taste buds tantalized? Check out the attached “Well Stocked” handout. It’s a guide of affordable, delicious staples that are easily transferable to recipes of all kinds. Well-stocked go-to meal items handout.
PINEAPPLE CURRY
Serves 4-6

INGREDIENTS:
- 1 15 ounce can coconut milk
- 1-2 tablespoons curry powder
- 1 20 ounce can pineapple chunks, not drained
- 1 15 ounce can chickpeas, drained and rinsed (or 1 can chicken, drained and rinsed)
- 1 vegetable or chicken bouillon cube + 1 cup water or 1 cup chicken or vegetable broth
- 1 cup brown rice, uncooked

Seasoning:
- 1 teaspoon salt

Optional:
- 2 teaspoons soy sauce
- 6 ounces roasted red peppers, cut into strips
- ¾ cup frozen peas

INSTRUCTIONS:
- Cook rice.
- Shake the coconut can well. Pour into a large saucepan. Stir curry powder into milk.
- Add pineapple, chickpeas, broth, and salt to pan. Stir in soy sauce, if using. Bring to a boil. Adjust heat to maintain gentle boil. Simmer, stirring occasionally, for about 15 minutes.
- Add red pepper and peas, if using, and stir in gently. Let curry return to boil and remove from heat. Let stand for 5 minutes. Serve over rice. Or if you are making this ahead of time, combine all ingredients besides peppers and green peas, if using, in a slow cooker. Cook on low for 6 hours. Cook rice. Add peppers and green peas for the last 30 minutes of cooking.
COCONUT CHICKEN CURRY

Serves 4

INGREDIENTS:
• 1 can coconut milk or cream
• 1 can Geisha stir fry vegetables, or 2 cups fresh
• 1 can chicken breast, or 2 small chicken breasts
• 1 cup cooked rice
• 1 tablespoon oil

Seasonings:
• 2 tablespoons soy sauce, 2 Tbsp curry powder, dash chili powder (optional), salt/pepper

INSTRUCTIONS:
• Heat the oil up in the pan.
• Add the veggies in with all of the seasonings. Let veggies soften slightly and coat with seasonings.
• Add in the coconut cream and let the curry cook for 10 minutes. Add chicken and let simmer for another 5-10 minutes.
• Serve with rice.
ONE INGREDIENT ICE CREAM

INGREDIENTS:
• 1 Bunch of bananas

INSTRUCTIONS:
• Peel your bananas. Cut your bananas into small chunks. Freeze for 1-2 hours on a plate or tray. Blend, blend, blend in a food processor. Scrape down the sides of the bowl when the banana sticks. Enjoy the magic moment when they turn into ice cream! Try mixing in whatever you’d like, nut butters, other fruits, or chocolate chips. Check out this link for creative, easy flavor options!