

Slow Cooker Vegetable Curry

Servings: 6 Main-Dish Servings

Active time: 20 minutes

Total cook time: 6 hours

Ingredients:

- 1 can (14 oz.) light coconut milk
- ¼ cup all-purpose flour
- 1 ½ Tbsp. red curry paste
- 1 large onion, chopped
- 4 small Yukon gold potatoes (8 oz.) halved
- 4 cups butternut squash chunks (1 ½ inch)
- 4 cups cauliflower florets
- 1 can (15 oz.) chickpeas, rinsed
- 1 red bell pepper, cut into 1-inch pieces
- ½ cup lentils, rehydrated to make 1 cup
- 1 cup frozen peas
- Chopped fresh cilantro

Preparation:

1. In 3 ½ quart or larger slow cooker, whisk coconut milk, flour, and curry paste. Add onion, potatoes, squash, cauliflower, chickpeas, and bell pepper, mix well.
2. Cover slow cooker with lid, and cook on Low 6 hours, or until vegetables are tender.
3. Stir peas into slow cooker; cover and let sit 5 minutes.
4. Garnish with cilantro

Nutritional Information: 265 Calories, 10 grams protein, 54 grams Carbohydrate, 2 grams fat, 11 grams fiber, 0 mg cholesterol, 207 mg. sodium