

## Vegetable & Chickpea Curry

Aromatic Indian spices mingle with chickpeas, green beans, and potatoes. Coconut milk is stirred into the cooked curry for a creamy finish. Serve over quinoa or rice.

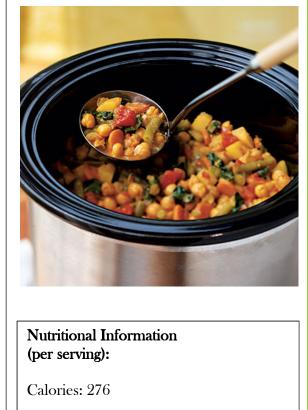
## Ingredients:

1 tbsp olive oil 1<sup>1</sup>/<sub>2</sub> cups chopped onion 1 cup (1/4 inch thick) slices carrot 1 tbsp curry powder 1 tsp brown sugar 1 tsp grated, peeled fresh ginger 2 garlic cloves, minced 1 serrano chile, seeded & minced 3 cups cooked chickpeas (garbanzo beans) 1 <sup>1</sup>/<sub>2</sub> cups cubed, peeled baking potato 1 cup diced green bell pepper 1 cup (1-inch) cut green beans  $\frac{1}{2}$  tsp salt <sup>1</sup>/<sub>4</sub> tsp ground black pepper 1/8 tsp ground red pepper 1 (14.5oz) can diced tomatoes, undrained 1 (14oz) can vegetable broth 3 cups fresh baby spinach 1 cup light coconut milk 6 lemon wedges

## Preparation:

- 1. Heat oil in a large non-stick skillet over medium heat. Add onion and carrot; cover and cook 5 minutes or until tender. Add curry powder, sugar, ginger, garlic and chile; cook 1 minute, stirring constantly.
- 2. Place onion mixture in a 5-qt electric slow cooker. Stir in chickpeas and next 8 ingredients (through broth). Cover and cook on HIGH 6 hours or until vegetables are tender. Add spinach and coconut milk; stir until spinach wilts. Serve with lemon wedges. Yields 6 servings of 1 1/3 cups vegetable mixture & 1 lemon wedge.





- Total Fat: 7.2g
- Sat. Fat: 1.9g
- Carbs: 44.7g
- Fiber: 10.6g
- Protein: 10.9g