

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 ½ 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 ½ cups cubed, peeled baking potato
 1 cup diced green bell pepper
 1 cup (1-inch) cut green beans
 ½ tsp salt
 ¼ 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



Nutritional Information (per serving):

Calories: 276
 Total Fat: 7.2g
 Sat. Fat: 1.9g
 Carbs: 44.7g
 Fiber: 10.6g
 Protein: 10.9g

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.