

SLOW COOKER: THE SUPER SUPPER SAVER

VEGETABLE & CHICKPEA CURRY

You can never go wrong with aromatic Indian spices. Combined with chickpeas, green beans, and tomatoes, this dish makes for a colourful and nutritious weeknight meal. Coconut milk is stirred into the cooked curry for a deliciously rich and creamy finish. Serve over quinoa or rice. It's a delight to your body and your taste buds.



Vegetable & Chickpea Curry

Makes 6 servings

Ingredients

- 1 tbsp olive oil
- 1 ½ cups onion, chopped
- 1 cup carrot, cut into ¼-inch slices
- 1 tbsp curry powder
- 1 tsp brown sugar
- 1 tsp fresh ginger, peeled and grated
- 2 garlic cloves, minced
- 1 serrano chile, seeded and minced
- 3 cups cooked chickpeas (garbanzo beans)
- 1 ½ cups baking potato, peeled and cubed
- 1 cup green bell pepper, diced
- 1 cup green beans, cut into 1-inch pieces
- 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

Directions

- 1) Heat oil in a large, non-stick skillet over medium heat. Add onion and carrot. Cover and cook for 5 minutes or until tender. Add curry powder, sugar, ginger, garlic, and chile. Cook for 1 minute, stirring constantly.
- 2) Place onion mixture in a 5-quart slow cooker. Stir in chickpeas and next 8 ingredients. Cover and cook on high for 6 hours or until vegetables are tender. Add spinach and coconut milk and stir until spinach wilts. Serve with lemon wedges.

Nutrition Info Per Serving: Cal 478 | Fat 10g | Carb 80g | Pro 22g | Fibre 22g | Sodium 441mg | Sugar 18g



SO GOOD!

“Fill your plate with the colours of the rainbow.”