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 1/4-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

1/4 tsp ground black pepper

1/8 tsp ground red pepper

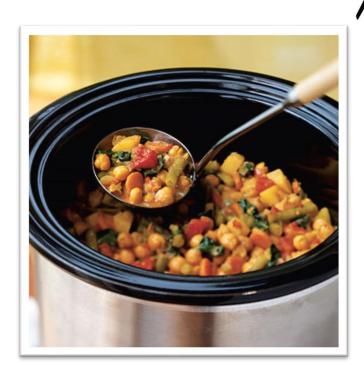
1 (14.5oz) can diced tomatoes, undrained

1 (14oz) can vegetable broth

3 cups fresh baby spinach

1 cup light coconut milk

6 lemon wedges



SO GOOD!

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

Fill your plate with the colours of the rainbow."



