

INGREDIENTS

- 2 cans Chickpeas
- 2 Sweet Potatoes
- 1 Onion
- ½ cup Coconut Milk, unsweetened
- ½ cup Vegetable Stock
- 3 tbsp Curry Powder
- 1, 15 oz can Tomato Sauce
- 1 tsp Cumin
- 1 tsp Salt
- 1 cup Green Peas, Frozen
- ½ cup Cashews (optional)

DIRECTIONS

1. Prepare all vegetables as stated above. Chop onion into thin slices, peel and dice 2 sweet potatoes and place in a bowl.
2. In the botto of the slow cooker, mix together coconut, broth, and selected seasonings.
3. Place vegetables (except green peas) and chickpeas into slow cooker and evenly coat with sauce mixture.
4. Cook on low for 8 hours or high for 4 hours.
5. Place cashews and peas in slow cooker 10 minutes before serving.
6. Serve over whole grain rice and enjoy!

Tips:

You can use other milk products instead of coconut milk for different taste/texture.

Not vegetarian? Add chicken and use cauliflower and chicken broth.

Add more vegetables like red peppers too!



Easy Vegetarian Curry

*Fall 2019 Cooking Class |
Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:
4-6 Servings

Prep Time:
15 Min

Cook Time:
4-8 Hours