**Easy Vegetarian Curry**

**Ingredients:**

4-6 servings

2 cans of chickpeas

2 sweet potatoes

1 onion

½ cup coconut milk (unsweetened)

½ cup vegetable stock

3 tablespoons curry powder

15 oz can tomato sauce

1 tsp cumin and 1 tsp salt

1 cup frozen green peas (add last 10 minutes)

½ cup cashews (optional)

Add optional seasonings like cayenne pepper, black pepper, salt, or cilantro.

**Directions:**

1. Prepare all vegetables as stated above. Chop the onion into thin slices, peel and dice 2 potatoes and place in a bowl.
2. In the bottom of the slow cooker mix together coconut milk, broth, and selected seasonings.
3. Place vegetables 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 a different taste/texture. Not Vegetarian? Add chicken and use cauliflower and chicken broth! Add more vegetables like red peppers too!