Slow Cooker Vegetable Curry

Kendall Anderson Nutrition Center is cooking Indian food this month! We kick off our International Cuisine Dining Series on January 20 with a menu of easy, delicious Indian foods. To get in the spirit, here is a crockpot recipe for vegetable curry. You can add shrimp or chicken if you’d like more protein, and try a dollop of low fat sour cream if you find it too spicy. Adapted from: www.sparkrecipes.com/

Ingredients:
- 1 tablespoon canola oil
- 4 medium carrots (about 2 cups), sliced ¼ inch thick
- 1 onion, thinly sliced
- 3 garlic cloves, peeled and thinly sliced
- 2 tablespoon curry powder
- ½ teaspoon cayenne
- ½ teaspoon turmeric
- 4 to 5 red potatoes, quartered
- 8 ounces fresh or frozen green beans
- 3 cups canned chickpeas, drained and rinsed
- 2 large tomatoes, diced (1 cup)
- 2 cups vegetable stock
- ½ cup frozen peas
- ½ cup light coconut milk

Directions:
1. In a sauté pan, heat the oil until moderately hot. Add the carrots and onion and sauté for 3 to 4 minutes.
2. Add the garlic, curry powder, cayenne, and turmeric to the pan. Continue to cook for 2 more minutes or until the spices become fragrant.
3. Remove the vegetables from the pan and transfer to a slow cooker. Add the potatoes, green beans, chickpeas, tomatoes, and vegetable stock to the slow cooker.
4. Set the slow cooker on low and cook for approximately 5 ½ hours. (Longer is fine.)
5. Before eating, add the peas and coconut milk and cook for 15 more minutes.

Serving Size: 1 cup
Yield: 8 servings

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>201.5</td>
<td>7.2 g</td>
</tr>
<tr>
<td>Total fat</td>
<td>6.0 g</td>
<td>30.6 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0 g</td>
<td>8.3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>394 mg</td>
</tr>
</tbody>
</table>

For other great recipes, check out our cooking classes and cookbook on our website!