

# SLOW COOKER *Coconut Curry*

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## Slow Cooker Cocounut Curry

Makes 10 servings

### Ingredients:

- 2 cups of broccoli florets
- 1 cup of water
- 15 oz. of chickpeas, drained and rinsed
- 1 medium sweet potato, peeled and cubed
- 1 medium white onion, diced
- ¼ cup uncooked quinoa or brown rice
- 2 cloves of garlic, minced
- 1 teaspoon of fresh or ground ginger
- 1 tablespoon of red pepper flakes
- 1 tablespoon of ground turmeric
- 1 tablespoon of cumin
- 2 teaspoons of sea salt
- 28 oz. of canned diced tomatoes
- 30 oz. of coconut milk
- Cooked rice, for serving
- Fresh parsley, chopped for garnish (optional)

### Directions:

1. Add the water, broccoli, chickpeas, sweet potato, onion, quinoa or brown rice, garlic, ginger, red pepper flakes, turmeric, cumin, salt, tomatoes, and coconut milk to a slow cooker. Stir to combine
2. Cover and cook for 4 hours on high heat or 8 hours on low heat, until the sweet potatoes are tender and the curry (liquid) has thickened.
3. Serve the curry warm over rice of your choice and garnish with parsley, if desired.

### Food Safety tip:

Make sure to wash ALL produce before cutting vegetables for the meal.

### Chef Tip:

Although in this recipe the chickpeas give you a great serving of protein; feel free to add your favorite lean protein like sautéed chicken breast or sautéed shrimp.