



Vegetable Curry

Makes 5 servings

- 1 Tbls. canola oil
- 1 cup chopped onion
- 1 large garlic clove, pressed or minced
- 1 14-ounce can diced tomatoes in juice
- 1 ½ cups water
- ½ tsp. instant vegetable or chicken broth (bouillon)
- 1 large potato cut into ½ inch chunks
- 2 long carrots thinly sliced
- 1 15-ounce can of chickpeas, drained and rinsed
- 1 cup of string beans, cut into 1 inch pieces (fresh or frozen)
- 2 to 3 tsp. curry powder
- 1/8 tsp. cinnamon
- 1/8 tsp. ground cardamom
- 1/8 tsp. crushed red pepper
- 1/8 to ¼ cup raisins

- In large pot, heat oil over medium heat. Add onion and garlic, cook until softened. Add other ingredients and cover the pot. Simmer over medium-low heat for about 40-45 minutes, until carrots and potatoes are tender. Add more water if it gets too thick.
- Serve over brown rice.

For slow cooker: Combine all ingredients and add 2 Tbls. of quick-cooking tapioca. Cook for 7-9 hours at low heat setting or 3 ½ to 4 ½ hours at high setting.

Adapted from Better Homes and Gardens Biggest Book of Slow Cooker Recipes

Nutritional Information:

Calories: 288

Fat: 5.4g

Saturated fat: 0.5g

Carbohydrate: 53g

Fiber: 10.3g

Protein: 10.6g