

Your Healthy Kitchen



**YAVAPAI REGIONAL
MEDICAL CENTER**
Proudly Caring for Western Navapai County

Slow Cooked Vegetable Curry

Makes approximately four 2-cup servings

- 2 tablespoons extra virgin olive oil, avocado oil, or ghee
- 1 medium yellow onion, small dice, about 1 cup
- 5 cloves garlic, minced
- 1 teaspoon freshly minced ginger
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon ground turmeric
- ½ teaspoon coriander seeds
- ½ teaspoon cumin seeds
- ¼ teaspoon red pepper flakes or other ground chili, or more if you like it spicy
- 2–4 carrots, medium dice, about 2 cups
- 2 large red skin or Yukon gold potatoes, medium dice, about 2 cups
- 2 medium zucchini, cut into 1-inch chunks
- One 14.5 ounce can of low sodium fire roasted diced tomatoes
- 3 cups low sodium vegetable broth
- 2 cups cooked garbanzo beans, rinsed if from a can
- 1 bay leaf
- ½–1 cup coconut milk, optional

Directions

Turn on slow cooker on high and let it warm up a few minutes. Add the oil or ghee, then the onion. Cover the pot. Let the onion cook until it is translucent and softened. Add the garlic and ginger, plus the rest of the spices. Sauté for a few minutes until everything is fragrant. Add the carrots, potatoes, tomatoes, zucchini, vegetable broth, garbanzo beans, and bay leaf and cook on high for 1½–2 hours.

Just before the dish is done, add the optional coconut milk and let the dish warm through for another 15 minutes. Serve with wedges of lime, chopped fresh cilantro, some plain yogurt, rice and/or your favorite flatbread.



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION

PER 2 CUP SERVING:

Calories	346
Protein	13 g
Carbohydrates	50 g
Fiber	10 g
Fat	11 g
Potassium	685 mg
Sodium	297 mg

Cost per serving: \$2.95