

# Slow Cooker Vegetable Curry

Yield: 9 min

Total Time: 385 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-indian-vegetable-curry-recipe>

## Ingredients:

- 1 onion diced
- 1 tablespoon olive oil
- 1 teaspoon fresh ginger finely diced
- 3 cloves garlic minced
- 1/4 teaspoon cayenne pepper
- 1 tablespoon curry powder or red curry paste
- 7 cups veggies chopped\*
- 1 can chickpeas drained and rinsed
- 1 can diced tomatoes
- 2 cups chicken broth
- 1 tablespoon salt
- 1 can coconut milk full fat works best for this recipe
- 8 ounces fresh spinach

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 21 grams
3. Fat: 13 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 9 grams
7. Sodium: 980 milligrams
8. Sugar: 4 grams

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