

Slow Cooker Indian Stew

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-stew>

Ingredients:

- 1 1/2 cups garbanzo beans cooked or canned
- 1 1/2 cups canned black beans or cooked
- 1 1/2 cups red kidney beans cooked or canned
- 2 onions
- 5 cloves garlic
- 1 sweet potato medium
- 1 head cauliflower
- 2 cups no-salt-added diced tomatoes canned
- 2 cups tomato sauce canned no-salt added
- 1/2 teaspoon ground allspice
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon chili powder
- 1/2 teaspoon ground ginger
- 1 tablespoon dried oregano
- 1 1/2 cups coconut milk full-fat canned
- fresh cilantro
- 2 limes

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 47 grams
3. Fat: 14 grams
4. Fiber: 12 grams
5. Protein: 13 grams
6. SaturatedFat: 10 grams
7. Sodium: 560 milligrams
8. Sugar: 11 grams

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