

## Vegetable Curry...

PREP: 10mins COOK: 1 hour

SLOW COOKER: 10hrs (low) 5hrs (med) OR 3hrs (high)

This dish is filling, healthy and absolutely delicious.  
Freeze any leftovers (minus the coconut milk) for a side dish another night.

### INGREDIENTS:

- 1 Onion, sliced
- 3 Potatoes, diced (no larger than 2cm)
- 3 Carrots, diced
- 1 medium Eggplant, diced
- 10 small Mushrooms, sliced (*optional*)
- 400gram can Crushed Tomatoes
- 2 cups Water
- 1 Chicken Stock cube (*optional*)
- 2 cloves of Garlic, crushed
- 2 teaspoons Curry Powder
- 400gram can Chickpeas
- 250ml Coconut Milk

Place everything except chickpeas and coconut milk into the slow cooker or oven dish and mix.

Cover and cook for 1 hour in the oven on 180°C.  
Or 10 hours (on low) 5 hours (on medium) or 3 hours (on high) in the slow cooker.

15 minutes before serving add the can of drained chickpeas and coconut milk and return to heat.



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