

Potato, Squash and Chickpea Curry



Ingredients

2 cups of butternut squash, cubed
2 cups of potato, cubed
1 cup carrots, diced
1 cup cauliflower, cut in small pieces
1 can chickpeas (15 oz in the U.S. 19 oz in Canada), drained and rinsed
1 tbsp canola oil
1 onion, diced
2 cloves garlic, minced
1 tbsp fresh ginger, minced
3 tbsp mild curry paste
2 cups almond milk
1 1/2 cups vegetable broth
1/2 cup cashew butter or peanut butter
2 cups packed shredded swiss chard or spinach
1 cup frozen peas
2 tbsp fresh cilantro, chopped



Directions

Place squash, potato, chickpeas, carrots and cauliflower in bottom of crockpot.

In frying pan, heat oil on medium heat and cook onion, garlic and ginger about 7 minutes until onion is golden.

Add curry paste and cook while stirring for about 1 minute until fragrant.

Add the onion mixture to the crockpot. Add vegetable broth and almond milk. Stir in peanut or cashew butter. Cover and cook for approx. 4 hours or until vegetables are tender. I cooked on high because I don't think my crockpot gets very hot, so if you have a very good crockpot you may want to try it on low.

Once vegetables are tender, stir in peas and spinach or swiss chard until it is wilted, about 15 minutes. Sprinkle with cilantro.

Serve on a bed of basmati or brown rice.

Adapted from Canadian Living's [Potato, Squash and Chickpea Coconut Curry](#).

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