

Curry-Pumpkin Lentils & Chickpeas



Makes Approx. 9 Servings

Ingredients

1 cup diced onion
1 cup chopped carrots
1-2 cloves garlic
1 15 oz can pumpkin
1 28 oz can diced tomatoes
1 cup dried lentils
2 – 15 oz cans chick peas
1 1/2 tbsp curry powder
1 1/2 tsp cumin
Sprinkle of hot pepper flakes
4 cups unsalted vegetable broth



Directions

Place all ingredients in crockpot and cook on high for approx 6 hours.

Serve in a bowl over as much or as little rice as you like. I like to use brown basmati rice.

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