

Slow Cooker Coconut Chickpea Curry

Yields: 4 servings

Ingredients

- 2 cans of chickpeas (15oz each), drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 2 cups of frozen peas
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Directions

Add all ingredients to your slow cooker and cook on “low” setting for 8 hours or until onions are soft. To Freeze Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. When you’re ready to eat, thaw overnight in the refrigerator and cook on “low” setting for 8 hours or until onions are soft.