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## Ingredients

- 15oz can of chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag, remove as much air as possible, and seal.
3. Freeze for up to three months.

## Cook

1. Thaw overnight in refrigerator.
2. Add to slow cooker and cook for 6-8 hours on “low” setting or until onions and peppers are tender.