

Slow Cooker Butternut Squash Curry

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- Prep time: 15-20 minutes
- Cook time: 4-5 hours
- Total time: 4-5¼ hours



No nuts | No eggs | No milk | No soy | No wheat | No fish | No sesame

Ingredients:

- 1 small butternut squash
 - 1 red pepper
 - 6-8 baby gold potatoes
 - 1 small onion, chopped
 - 2 cups vegetable broth
 - 1-2 Tablespoon yellow curry powder
 - ½ teaspoon cumin
 - ½ teaspoon ground turmeric
 - 1 teaspoon garlic powder
 - ½ teaspoon salt
 - ¼ teaspoon cayenne pepper
 - 1¾ cups unsweetened coconut milk
- * Cooked rice and/or naan, for serving.

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Carefully peel the butternut squash and chop into ½-inch cubes. Seed and thinly slice the red pepper. Chop potatoes into ½-inch pieces.
3. Add butternut squash, red peppers, potatoes, and onions to a slow cooker.
4. In a medium bowl, whisk together the vegetable broth and seasonings.
5. Pour broth mixture over the vegetables in the slow cooker. Cover and cook on low for 4-5 hours.
6. About 15 minutes before serving, stir in coconut milk. Serve with rice and/or naan.