

Bean Lunch/Dinner Recipe

Slow Cooker

Vegetable Curry



Ingredients:	Approx. Cost:
1 – 15 oz can garbanzo bean, drained and rinsed	\$1.00
1- 28 oz can whole tomatoes with juice	\$2.89
1 red pepper, seeds removed and diced	\$1.99
1 cup carrots, chopped	\$.50
½ cup celery, chopped	\$.25
3 garlic cloves, smashed and chopped	\$.15
1 small head cauliflower, chopped	\$2.99
2 tablespoons curry	\$.25**
½ teaspoon ground coriander	\$.25**
¼ teaspoon cayenne pepper	\$.25**
1 - 15 oz can vegetable or chicken broth	\$1.09
1 cup coconut milk	\$1.59
Total cost	\$13.20

of servings: 10 – 1 cup servings **Cost per serving: \$1.32**

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place all ingredients in the slow cooker, cover, and cook on low for 8 hours. Taste and adjust seasonings. Serve over cooked brown rice.

Nutritional Information per 1 cup serving (without rice)

Calories: 143	Vitamins/Minerals
Fat: 7g	Vitamin A: 17%
Saturated fat: 5g	Vitamin C: 55%
% of daily total: 20%	Calcium: 7%
Carbohydrates: 19g	Iron: 14%
Fiber: 5 g	Good Source of*: Vitamins A and C, Iron, magnesium, Potassium, Zinc and B vitamins
Protein: 5g	*10% or more of the RDA

based on 2000 calorie diet

