

# Slow Cooker Thai Pineapple Curry

## Ingredients:

- 1 can light coconut milk
  - 3 tablespoons curry powder
  - Dash of salt
  - 1 teaspoon ground cayenne pepper
  - 2 teaspoons garlic powder
  - 3 cups fresh cubed pineapple
  - 1 lb. sweet potatoes, peeled and cubed
  - 2 red bell peppers, sliced
  - 1 small white onion, chopped
  - 2 cans low-sodium chickpeas, drained
  - 1 cup thai basil leaves
- Optional:* Serve with steamed brown rice, limes, and chopped cilantro.



**Servings:** 6

## Instructions:

1. Add pineapple, potatoes, bell peppers, onion, and chickpeas, and thai basil to a slow cooker.
2. In a medium mixing bowl, whisk together coconut milk, curry powder, salt, cayenne, and garlic powder until thoroughly combined.
3. Pour over the ingredients in the slow cooker.
4. Cook on high for 3-4 hours or on low for 6-7 hours, stirring every once in a while.
5. Serve with rice, limes, and cilantro.

## Nutrition Facts

6 servings per container  
Serving size 1/6 Recipe (429g)

Amount Per Serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 108mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 714mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.