

Cauliflower Crockpot Curry Chickpeas

Adapted from: Kath Younger (*Kath Eats Real Food*)

Prep time: 15 minutes
Cook time: 4 hours (in a crockpot)

Total time: 4 hours 15 minutes
Serves: 4 bowls



Ingredients

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| 1 head cauliflower, cut into florets | 1 can tomato paste |
| 1 large sweet potato, cubed | 1 tsp. garam masala |
| 1 can chickpeas, rinsed | 1 tsp. curry powder |
| 3 carrots, 3 celery stalks, chopped | ½ tsp. turmeric |
| 6 figs, chopped | 1 tsp. smoked paprika |
| 2 cups vegetable or chicken broth | ½ tsp. kosher salt |

Instructions

1. Combine all ingredients in crockpot and stir.
2. Set to high and cook for 2 hours; then turn down to low and cook for another two hours.
3. Serve over coconut brown rice (optional, but recommended as it is delicious!) and plain yogurt and enjoy!