



SLOW COOKER PUMPKIN LENTIL & CHICKPEA STEW

This vegan stew is missing the meat but isn't missing any flavor!

1 large onion, diced
3 cloves garlic, minced
1 small pie pumpkin (about 1 pound),
peeled, seeded and chopped
1-14.5 ounce can chickpeas, drained
and rinsed
3 large carrots, peeled and diced
1-14.5 ounce can diced tomatoes
4 cups vegetable broth
1 cup green lentils
1 tablespoon ground cumin
1 teaspoon ground ginger
Pinch of ground cinnamon
3 tablespoons fresh minced parsley
Salt and pepper, to taste

Makes 8-2 cup servings

1. Combine all ingredients in the basin of a large slow-cooker. Cook on high for 4-5 hours or low for 6-8.

NUTRITION

2 cups

calories 350

fat 5.5g

carbs 56g

protein 0g