

# Winter Vegetables in Coconut Sauce

Squash and sweet potato combine with coconut milk for a richly textured, warming and filling dish! One cup of this vegetarian stew provides 5 grams of plant-based protein and 4 grams of fiber.

## Gather and prep your ingredients

- 6 cups Butternut Squash or Sweet Potato, peeled and cut into 2-inch chunks
- 1 bunch Collard Greens or Kale cut into postage-stamp sized pieces
- 1/2 Onion cut into 1-inch pieces
- 14 ounces Coconut Milk
- 3/4 cup Water
- 1 tablespoon Soy Sauce
- 1 teaspoon Salt
- 1 teaspoon Crushed Red Pepper Flakes

Whisk the coconut milk with water, soy sauce, salt, and pepper flakes.

Combine all ingredients together in a slow cooker. Cover and cook on low for at least 4 hours.

Pour into large bowls, garnish and serve! Suggested toppings include cilantro, parsley, or a squeeze of fresh lime.

Makes 5 - 1 cup servings



Adapted from Leah's Pantry at eatfresh.org

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