



<https://newleafwellness.biz/product/meat-free-slow-cooker-freezer-meals-cookbook/>

# SLOW COOKER

## THAI PINEAPPLE CURRY

This is a sweet and spicy curry that tastes great served over rice. I would rate the spiciness 5/10. If you want to decrease, add less red pepper flakes. Serve with jasmine rice.

Yields: 6 serving

### Ingredients

15oz can of chickpeas, drained and rinsed  
1 fresh pineapple, cored and chopped into 1-inch pieces  
1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces  
1 green bell pepper, sliced into thin strips  
1 small yellow onion, chopped (about one cup)  
2 large cloves of garlic, minced  
13.5oz can of unsweetened coconut milk  
3 tablespoons curry powder  
1.5 teaspoons salt  
1/2 teaspoon crushed red pepper flakes

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag, remove as much air as possible, and seal.
3. Freeze for up to three months.

### Cook

1. Thaw overnight in refrigerator.
2. Add to slow cooker and cook for 6-8 hours on “low” setting or until onions and peppers are tender.

+ *Meat Option:* Add one pound boneless, skinless chicken breasts, cut into bite-sized pieces.

# NUTRITIONAL INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested side dishes and "meat options" were not included.

## Slow Cooker Thai Pineapple Curry

NUTRITION FACTS	Amount/Serving		%DV*	Amount/Serving		%DV*
	Serving Size 1 cup	<b>Total Fat</b>	2g	3%	<b>Total Carb</b>	45g
Servings 6	Saturated Fat	1g	5%	Dietary Fiber	8g	32%
	Trans Fat	0g		Sugars	22g	
<b>Calories 210</b>	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	5g	10%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	750mg	31%			
	Vitamin A	130%		Vitamin C	150%	
	Calcium	15%		Iron	20%	

# PRINTABLE LABEL

## FOR FREEZER MEAL

The label below contains the name of the recipe, ingredients, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

It is formatted to print on [Avery rectangular labels that measure 3.5 x 4.75”](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

You can also print this label on regular computer paper and attach to your freezer bag with clear shipping tape.



## Slow Cooker Thai Pineapple Curry

Chickpeas

Pineapple

Sweet potatoes

Green bell pepper

Onion

Garlic cloves

Coconut milk

Seasonings

1. Thaw.

2. Add to slow cooker and cook 6-8 hours on "low" setting or until onions and peppers are tender.

Use by: