

Crock Pot Cauliflower Curry



Crock Pot Cauliflower Curry is a delicious side dish that packs a lot of flavor!

Sometimes I just want a side dish with a little kick and not a lot of calories. I was raiding the pantry the other day and found a can of coconut milk that I didn't remember buying. Funny how that happens, right?! Like, who else would have bought this random item that I don't usually purchase? I must have had an intention for it, but the whim passed and I was still stuck with the can of curious origins.

Then, while trying to decide what to do with it, I debated the cauliflower I bought on a whim as well. I don't know about you, but I find so many recipes online right now reinventing the cauliflower and I go, that sounds good, let's try it! But then I pin 17 other things and forget where I started from. Maybe that's how I wound up with the coconut milk, too!

This dish is QUICK to put together— like five minutes— and is a great way to try a new ingredient or two. Warning- red pepper flakes can be spicier than you anticipate, especially after they fester with the other flavors in the crockpot! Add them timidly the first time you make this dish. It's a side, not a fire!

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Makes 6-8 side dish servings, depending on the size of your cauliflower

1 cauliflower, washed, core removed, chopped into bite-size pieces

1 red pepper, sliced or 6-8 multi-color small peppers, sliced

1 inch of ginger root, peeled and diced

1 yellow onion, sliced thin

3 cloves garlic, diced

1 can coconut milk

1 T. ground curry

1-2 t. red pepper flakes



With just a few ingredients you probably have on hand anyway, you can make this kickin' crock pot side dish!

Add all ingredients to crock pot and cook on low for 4 hours. Cautious of the spice level until you try this for the first time!

