

It's 'Goode' for you Winter Veg-Head Crock Pot Stew!

O-YA's 2012 TEAMCOOK-OFF: Crock Pot & Chocolate Chip Cookie Competition

By: Sarah Green

1st Place Winner: Village Vote;

2nd Place Winner: Celebrity Judge Steph 'The Grilling Gourmet' Legari

3rd Place Winner: Celebrity Judge Josh Drache

3 Tbsp	Curry Powder (sweet or mild)
2 tsp	Garam Masala (variation: Indian Masala)
2 tsp	Mild Red Curry Paste
3 Tbsp	Grapeseed Oil
1	Sweet Onion, chopped fine
3	Medium Sized Russet Potatoes, cut into bite size cubes
1 head	Cauliflower Florets, cut into 1 inch pieces
10-12	Brussels Sprouts, quartered (so some leaves can be loose)
4 cloves	Garlic, minced or pressed
3 Tbsp	Fresh Ginger, minced
1 - 2	Jalapeno Peppers, seeds and ribs removed, minced
2 Tbsp	Tomato Paste
1 can	Diced Tomatoes
1 can	Chickpeas, rinsed and drained
2 cans	Coconut Milk
1 ¼ cups	Water
2 tsp	Salt, or to taste

Toast curry powder and garam masala in a dry skillet over medium high heat, stirring constantly, until slightly darkened and fragrant (about 1 minute). Set aside.

Turn crock pot onto high. Heat the oil in a large skillet over medium high heat. Add onions and potatoes and cook until onions are caramelized, stirring occasionally (about 10 minutes). Transfer to crock pot.

Add garlic, ginger, jalapeno, curry paste and tomato paste and stir until combined. Add the toasted spices and stir for 1 minute. Add the cauliflower and Brussels sprouts. Stir well so that all vegetables are covered with spices. Add the tomatoes, water, 1 can of coconut milk chickpeas and salt. Bring to a boil and then reduce heat and let simmer for at least 4 hours. Potatoes and cauliflower should be tender and most of the liquid should be absorbed. Add last can of coconut milk and adjust seasoning to taste.

