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Winter Vegetables in Coconut Sauce

Budget-friendly recipe

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Ready in: 4 hours 30 mins.

This is another favorite of the Tenderloin resident chefs!

Ingredients

1 butternut squash Sweet potatoes *peeled and cut into 2-inch chunks (about 6 cups)*

1 small bunch collard greens or kale *cut into postage-stamp sized pieces*

½ Large onion *cut into 1-inch pieces*

1 (14-oz.) can coconut milk

¾ cup Water

1 tablespoon Low-sodium soy sauce

1 teaspoon Salt

1 teaspoon Chili flakes *optional*



winter vegetables in coconut sauce

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What You'll Need

Cutting board

Chef knife

Measuring spoons

Measuring cup

Potato peeler

Large whisk

Medium bowl

slow cooker or rice cooker

Directions

1. Toss the squash or potatoes, greens and onions together in the rice cooker.
2. Whisk the coconut milk, water, soy sauce, chili, and salt together in a bowl
3. Pour the coconut milk mixture over vegetable. Cover and cook for one cycle, or until the squash or potatoes are tender. Stir once or twice during cooking.

Chef Tips

Slow Cooker Directions:

Place all ingredients in slow cooker and cook for 4 hours on low. Stir occasionally to prevent coconut milk from separating.

Stir well before serving.

Nutrition Info and more

Serving size: 1 cup

Total calories: 271 Total fat: 22 g Saturated fat: 19 g Carbohydrates: 20 g Protein: 5 g Fiber: 4 g

Sodium: 436 mg