Winter Vegetables in Coconut Sauce

Budget-friendly recipe

3 Comments
Ready in: 4 hours 30 mins.

This is another favorite of the Tenderloin resident chefs!

Ingredients

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

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