

## CAULIFLOWER CURRY

### FREEZE TOGETHER

- half of an **onion**, *diced*
- 3 cloves **garlic**, *minced*
- 2 cups **cauliflower florets**
- 2 cups **butternut squash**, *cubed*
- ½ cup red **lentils**
- 3 tablespoons **red curry paste**
- 1 teaspoon **turmeric**
- one 14-ounce can **diced tomatoes**
- 1 can **coconut milk**
- 1 ½ teaspoons **kosher salt**

### INSTANT POT

### SLOW COOKER

*\*Add 1 cup of water before cooking\**

High Pressure 6 mins

High Setting 4 hrs

*Quick release*

### FINAL STEP

Serve with rice and cilantro.

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