

Slow Cooker Coconut Pork Curry

The perfect easy prep staple will warm the soul. Let the slow cooker be your best friend. This satisfying stew can be refrigerated for up to 5 days.

xoxo,

Kristin

1. Heat oil in a large skillet. Season pork with salt and pepper. Add half of pork to skillet and brown it over medium-high heat, about 12 minutes. Transfer pork to slow cooker. Repeat with remaining pork.
2. Return skillet to heat. Add onion, garlic, ginger, curry, cumin and turmeric and cook over low heat, stirring, until fragrant and the onion is softened, about 5 minutes. Scrape mixture into slow cooker. Add tomatoes and their juices, coconut milk, and stock; cover and cook on high for 4 hours. Serve curry over cauliflower rice if desired. Top with cilantro and scallions, if desired.

Recipe from The Keto Diet Magazine Serves 8