

## Slow Cooker Root Vegetable Tagine

1lb. parsnips,peeled & diced  
1lb. turnips,peeled & diced  
2 med. onions, chopped  
1lb. carrots,peeled and diced  
6 dried apricots,chopped  
4 pitted prunes, chopped  
1 tsp ground tumeric  
1 tsp. ground cumin  
½ tsp. ground ginger  
½ tsp. ground cinnamon  
¼ tsp. ground cayenne pepper  
1 Tbsp.. dried parsley  
1 Tbsp dried cilantro  
1 14 oz. can vegetable broth

In a large crock pot toss together all the vegetables. Add all the spices and mix well. Pour the broth over all.

Cover and cook 9 hours on low.

8 Servings

Per serving (vegetables only no rice or couscous)

131 calories.

0.7 g of fat

31 g carbs

2.8 g protein

0 cholesterol

187 mg. sodium

Delicious served over Brown rice or Couscous.