

Curried Spinach

- 3 10 oz packages of frozen spinach, thawed and drained
- 4 garlic cloves, minced
- 1 onion, chopped
- 1 2-inch piece fresh ginger, grated
- 2 t curry powder
- 1 t ground cumin
- 1/2 t turmeric
- 1/2 t kosher salt
- 1/4 c ghee or butter
- 1/4 c vegetable or chicken broth
- 1/4 c 2% plain yogurt
- 2 t fresh lemon juice

In a slow cooker, combine all ingredients except for yogurt and lemon. Cook on low for 3 hours. After 2 1/2 hours add the yogurt and lemon. Adjust amount of salt to your taste. Serve as an appetizer with taco chips, pepper strips, celery, carrot sticks and endive leaves.

Jittery Cook

From **Marilyn Haugen's 175 Best Instant Pot Recipes** cookbook