

## Saag Aloo- IP or slow or stove top

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*Original recipe did not have turmeric so it is not a KEY ingredient but is a healthy one.*

*If you like it spicy you can add 2 to 3 fresh green chilies, seeded and finely chopped*

*I have only created the IP method and cooked it. I have not cooked the crockpot or stovetop version.*

|     |        |   |     |     |                      |
|-----|--------|---|-----|-----|----------------------|
| 4   | medium | potatoes peeled and cut into 1 - inch cubes | 1/2 | tsp | hot chilli powder    |
|     |        |   | 1   | tsp | Black pepper         |
|     |        |   | 1   | tsp | minced garlic        |
| 1/2 |        | onion, thinly sliced                        | 1   | tsp | turmeric             |
|     |        |   | 1   | tsp | minced ginger        |
| 1/2 | cup    | water or vegetable broth***                 | 24  | oz  | spinach, frozen **** |
| 1   | tsp    | cumin                                       |     |     |                      |
| 1   | tsp    | ground coriander                            |     |     |                      |
| 2   | tsp    | garam masala                                |     |     |                      |

### Procedure

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- 1 Use 1/2 cup water/broth for crockpot method. Use 3/4 cup for Instapot to get potatoes to fully cook.
- 2 Peel the potatoes and cut them into chunks measuring about an inch. If using the slow cooker method, spray inside the crock.
- 3 Add liquid and all spices and mix well. If spices clump they will adhere to bottom of IP and not blend into the broth or the food.
- 4 Add potatoes to the pot along with the sliced onion, and mix to have the liquid coat the veggies.
- 5 Instapot Method
- 6 Use frozen NOT Fresh spinach with the IP method so that the water from the frozen spinach plus the added liquid equals about a cup of water to properly steam the potatoes or they will not cook. Therefore, use two 12 ounce bags of frozen spinach.

- 7 Keep the spinach frozen for the IP method, you need the water from the spinach as it defrosts to help the potatoes steam.
- 8 Set on manual for 10 minutes, natural release to finish the cooking. Mix well to coat the flavoring on the spinach.
- 9 Slow Cooker Method
- 10 Use fresh spinach if using the crockpot. Either use 1 cup or some people "fill" the crock after the potatoes since the spinach will cook down so much.
- 11 You can also add more spinach about an hour into the cooking time, once it had wilted down and created some space.
- 12 Cook on medium (or high if you don't have a medium setting) for around 3 hours, until the potato is soft - stir every hour or so to scrape down the sides. The exact cooking time will depend on exactly how big you cut your potato chunks. PROBABLY could also cook for 6-8 hours on low. This recipe was designed originally for a crock pot using fresh spinach.
- 13 Stove top method
- 14 Boil the potatoes and then drain them, and add them to a frying pan with the spices and spinach. Then just cook until the spinach has all wilted down.

Servings: 6

### **Nutrition Facts**

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Nutrition (per serving): 158 calories, 32 calories from fat, 1.2g total fat, 0mg cholesterol, 373.7mg sodium, 1135.1mg potassium, 33.3g carbohydrates, 6.5g fiber, 1.1g sugar, 7.6g protein.

### **Recipe Tips**

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Comments from the blog include that people added chickpeas to have this be the main dish or used a mix of potatoes and sweet potatoes.

### **Source**

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Author: Modified <http://www.amuse-your-bouche.com/easy-slow-cooker-saag-aloo/#5qVlgL4cRJIX3TQb.32>