



Sweet Potato Curry with Chickpeas & Spinach

Serves 6

Ingredients

- ½ large sweet onion, chopped (1 cup)
- 1 Tbs. canola oil or ghee
- 2 Tbs. curry powder (preferably Sun Brand)
- ½ tsp. cumin powder
- 1 tsp. coriander powder
- 1 stick cinnamon, broken in two pieces
- 2 lb. sweet potatoes
- 1 (14.5-oz.) can chickpeas, drained and rinsed
- 1 (14.5-oz.) can diced tomatoes In juice (or 2 cups fresh tomatoes, diced)
- ¼ chopped cilantro
- 2 tsp. fresh lemon juice

Directions

1. Peel and dice the sweet potatoes into 1-inch chunks. Steam or boil them till just done.
2. In a large non-stick stir-fry pan, heat the oil or ghee if using. Add the chopped onions and sauté for five minutes or so until softened.
3. Add the spices and stir well to release their fragrance. Stir in the tomatoes with their juices, ½ cup of water, and the chickpeas. Bring to a simmer and cook for five minutes.
4. Add the spinach, a couple of handfuls at a time, stirring well to wilt it. When all the spinach is added, cover and simmer for three minutes to combine flavors.
5. Add the cooked sweet potatoes and simmer for an additional 3-5 minutes. Stir in the lemon juice and chopped cilantro. Season to taste with salt and freshly ground pepper. Serve with steamed basmati or jasmine rice.

Culinary Craftwork Offers Professionally Taught In-Home Cooking Classes, Cooking Class Parties & Catered Dinner Parties.

Alyssa Salwen | Web www.CulinaryCraftwork.com | Email Alyssa@CulinaryCraftwork.com | Cell (408) 429-0999 | Office (408) 372-2074