

## Sweet Potato Curry

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### Ingredients:

- 1 cup brown or white rice of choice - cooked according to package
- 1 ½ TBSP vegetable or coconut oil
- 1 ½ cups thinly sliced onion (1 medium)
- 2 cups chopped red bell pepper (2 medium)
- 1 ½ TBSP curry powder
- 2 tsp cumin
- ½ tsp salt (divided)
- 3 cups vegetable broth
- 4 cups peeled ½" pieces of sweet potato
- 1 can chickpeas (garbanzos) drained
- 1 can coconut milk (15 oz)
- ¼ cup finely chopped cilantro
- ¼ tsp ground black pepper

### Instructions

1. Heat oil in a large stockpot or Dutch oven over medium heat. Stir in onion and bell pepper - cook for 8 minutes or until tender.
2. Stir in curry powder, cumin & ¼ tsp salt - cook 2 minutes.
3. Add vegetable broth and bring to boil. Add sweet potatoes, reduce heat and cover for 10-15 minutes until potatoes are tender.
4. Remove 1 cup of sweet potatoes and mash with a fork. Stir back into pot and bring to boil. Reduce heat and simmer gently for 5 minutes to allow mixture to thicken.
5. Stir in chickpeas, coconut milk, cilantro and black pepper. Cook for 2 minutes. Add salt and pepper to taste. Serve over rice.

**The story behind this recipe.** My mother-in-law made this for us over a decade ago. It is a nice meal if you have a vegan at the table or even if you don't!

