

Coconut Yam and Veggie Curry

Ingredients: 4 Servings

1/2 onion - cut into chunks (about 1 cup)
2 cloves garlic - peeled or 2 tsp garlic granules
1" peeled fresh ginger or 2 tsp ginger powder
4 tbsp of oil, butter or ghee
2-3 tsp curry powder
1 tsp cumin
optional, 1/4 teaspoon ground cardamom
2 tsp chili powder
1 tbsp tomato paste or 1/2 cup canned tomatoes
1 can coconut milk
2 1/2 cups vegetable or chicken broth
1 tsp brown sugar
optional, 1 kaffir lime leaf or 2 bay leaves
1 large yam - peeled, cut into 1" cubes
1/2 red pepper, cut into 1" squares
1/2 tsp salt
1/8 tsp pepper
3 cups baby spinach leaves

Optional Additions

Carrots
Cauliflower
Chickpeas
Cilantro

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Instructions:

Heat the oil in a medium-to-large pot over medium heat until shimmering. Add the onion. If using fresh ginger and garlic, add it with the onions now. Cook, stirring, until fragrant, about 1 minute. If using dry ginger and garlic, add now with your curry powder and chili flakes and tomato paste or canned tomatoes, sauté for another minute.

Add the sweet potatoes, red pepper and any other veggies and chickpeas you'd like into the pot. Add coconut milk, broth and brown sugar, salt and pepper, and stir to combine. Bring the mixture to a simmer, cover, and cook until the sweet potatoes are tender and cooked through, about 15-20 minutes.

Stir in the spinach and cook until just wilted, 1 to 2 minutes. Remove from the heat. Serve over rice if desired.

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