

Sweet Potato Curry

Ingredients:

3 large sweet potatoes, cubed (can use orange, white, or purple varieties, or a mixture)
1 yellow onion, diced
4 cloves garlic, minced
1 1/2 t. sea salt
2 t. ground cumin powder
3 t. curry powder
3 t. garam masala
2 t. fresh grated ginger
1 (14.5 oz) can diced tomatoes
1 (15 oz) can garbanzo beans
1 (14 oz) can coconut milk
1 (12 oz) bag frozen peas



Directions:

In a large, deep skillet (I use an 11" stainless steel chicken fryer) cover the diced potatoes with water and bring to a boil. Once boiling, turn burner down to a heavy simmer for about 12-15 minutes or until just fork-tender.

Prep Work: While potatoes are simmering, cut up the onion and set aside. Mix the salt and dry spices in a small dish. In a large colander, drain and rinse the garbanzo beans and leave them in the colander. Open your other cans and bag of peas so they are ready to dump later.

When potatoes are done, drain in the same colander over the garbanzo beans. Leave them draining in the sink and wipe out the skillet with a paper towel and return to heat.

Once reheated to med-high, add onions to the skillet, and dry-sauté until translucent. If, at any point, the onions begin to overcook, add a tablespoon of water to the skillet and continue, turning down the heat accordingly. When onions are done, add garlic and then immediately add the dry spices/salt mixture and toast for one minute, stirring continuously. Add tomatoes, coconut milk, peas, potatoes and beans to the skillet. Bring to a boil and then simmer until peas are heated. Serve over basmati rice immediately before peas lose their bright green color. Enjoy!

About the recipe...

This recipe is palatable for even the spicy-avoidant members of your family! If it still has too much heat for someone sensitive, take note to use only 2 t. of curry and 2 t. of garam masala the next time. On the flip-side, to add spice, you can add 1/2 t. or more of cayenne pepper powder. Garam masala is a delightful blend of Indian spices and can be found in a specialty spice store or an Indian food store. It is worth hunting down!