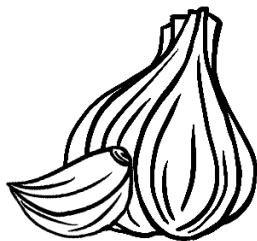




Simple Curry



Prep Time: 15 Min Cook Time: 25 Min Serves: 6

Ingredients:

Flavor Base:

- 3 Tbsp olive oil
- 1 large onion, diced
- 2 large garlic cloves, diced
- 2 Tbsp curry powder
- 1 tsp allspice
- 1 tsp smoked paprika
- 2 tsp dried thyme leaves
- 1 tsp ground cumin
- ½ tsp black pepper

Curry:

- 1 ½ cups sweet potatoes, cut into ½ inch cubes
- 1 (15 oz) can low sodium chickpeas, drained
- 1 cup diced tomatoes
- 2 cups low sodium vegetable broth
- 2 green onions, sliced
- Pinch of salt if needed

Instructions:

1. Cube sweet potatoes, dice tomatoes, and slice green onions. Set aside.
2. Heat oil in a large pot on medium heat.
3. Add onion and cook until translucent, about 3 minutes.
4. Add the flavor base ingredients and the sweet potatoes and cook for two minutes. If the spices start to stick to the bottom of the pot, add a tiny splash of water.
5. Add the chickpeas, tomatoes and vegetable broth. Turn to medium high and simmer for 15 minutes or until the sweet potatoes are cooked and the sauce is thickened.
5. Taste and adjust seasoning if needed, and stir in the green onion.
6. Serve over brown rice or lentils!

Add whatever veggies you like to the curry and make it your own!