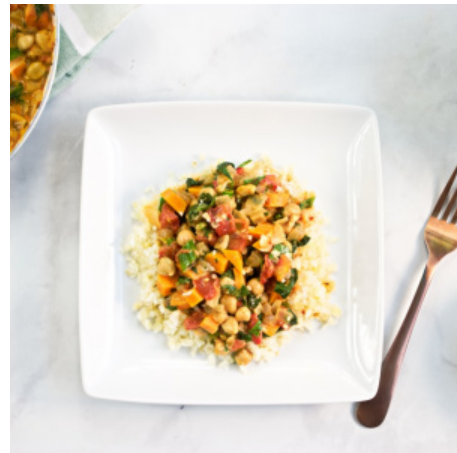




Chickpea, Sweet Potato, and Spinach Curry

Prep Time 20 mins
Total Time 40 mins
Meal Type Lunch,Dinner,Side
Contributed By KATHIE SWIFT
Source From [Kathie Swift](#)

Servings 4



Ingredients

lb,c g,ml

- 1 onion, *chopped*
- 3 cloves garlic, *minced*
- 1 Tbs ginger, *grated*
- 1 sweet potato, *peeled and diced*
- 2 Tbs cilantro, *chopped*
- 2 Tbs parsley, *chopped*
- 2 Tbs scallions, *chopped*
- 1 lime, *zested and juiced*
- 2 Tbs coconut oil
- 1 Tbs cumin seeds
- 1 tsp garam masala
- 1 tsp curry powder
- 1 14-oz can chickpeas, *drained and rinsed*
- 14 oz tomatoes, *diced, canned*
- 1 14-ounce can coconut milk
- 1 tsp red chili paste
- 1 5-ounce bag baby spinach

Directions

Prep

1. Prepare onion, garlic, ginger, sweet potato, cilantro, parsley, scallions, and lime as directed.

Make

1. In a large saucepan, add the coconut oil, cumin seeds, garam masala, curry powder, garlic, ginger, and onion cook for 3 to 5 minutes, or until the onion is soft and translucent.
2. Add the sweet potato, chickpeas, tomatoes with their juices, coconut milk and red chili paste. Stir to combine, cover, and simmer over medium heat for 20 to 30 minutes, until the potatoes are fork tender.
3. Stir in the spinach and cook until wilted. Season with salt and black pepper to taste. Right before serving stir in chopped herbs and lime zest and juice, and serve with your favorite grain and a dollop of yogurt.

Notes

Store in an airtight container in the fridge for 3 days, or in the freezer for up to 1 month.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	353	Total Fat 21.3g	32%	Total Carbohydrates 36g	12%
		Saturated Fat 16.9g	84%	Dietary Fiber 10g	38%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%		
		Sodium 388mg	16%	Protein 9g	
Vitamin D 0mcg 0% · Calcium 138mg 13% · Iron 5mg 27% · Potassium 821mg 17%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)