

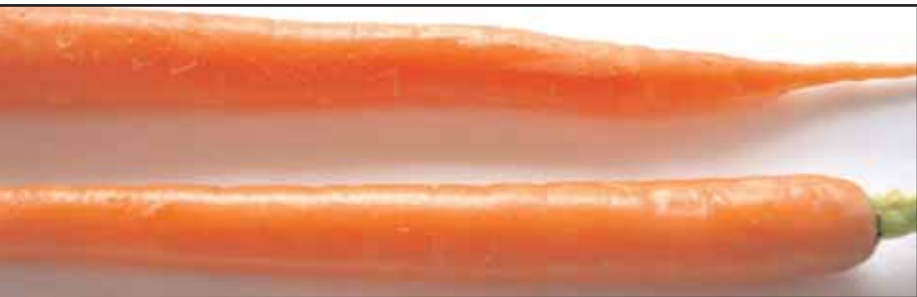
Sweet Potato and Chickpea Curry

Yield: 8 servings

3 Tbsp. COCONUT OIL (OR EXTRA-VIRGIN OLIVE OIL)
2 Tbsp. + 1 tsp. CURRY POWDER
1 ONION, DICED
1 tsp. SEA SALT
3 1/2 cups DICED SWEET POTATOES, (3 LARGE SWEET POTATOES)
2 cups DICED WHITE POTATOES (2 LARGE WHITE POTATOES)
1 - 14 oz. can UNSALTED CHICKPEAS, DRAINED AND RINSED
1/8 tsp. CAYENNE PEPPER
1/4 cup RAISINS
1 - 14 oz. can UNSWEETENED COCONUT MILK
1 cup WATER

Procedure:

1. In a large pot, combine oil and 2 Tbsp. of the curry powder at a medium heat and cook until fragrant.
2. Add onions and sauté for about 1 minute.
3. Stir in sweet and white potatoes, chickpeas, raisins, cayenne and 1 tsp. of the salt. Sauté for another 2 minutes.
4. Add coconut milk, water and remaining 1 tsp. of curry powder. Bring to a boil, then reduce to a medium heat and continue cooking, covered, stirring occasionally to release starches from the potatoes and thicken the curry.
5. When potatoes are cooked and curry has thickened (20-25 minutes), remove from heat and let stand, covered, for 10 minutes. Add more salt and cayenne to taste and serve.



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