

Vegetarian Sweet Potato Curry

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-sweet-potato-wellington-recipe-chinese>

Ingredients:

- 2 1/2 cups sweet potato diced, about 1 medium
- 2 1/2 cups eggplant diced, about 1 small
- 2 cups zucchini diced, about 1 medium
- 2 cups green beans chopped, 1-inch long
- 2 cups broccoli florets chopped
- 1 tablespoon coconut oil
- 2 large garlic cloves minced
- 29 ounces diced tomatoes I used fire roasted
- 27 ounces full fat coconut milk
- 2 tablespoons soy sauce or wheat-free tamari
- 1 tablespoon ginger freshly grated
- 1 teaspoon red pepper flakes optional
- 1 cup water optional
- fresh herbs For serving:, or grains, optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 28 grams
3. Fat: 28 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 25 grams
7. Sodium: 320 milligrams
8. Sugar: 12 grams

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