

# Sweet Potato Curry

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-puree-recipe-indian>

## Ingredients:

- 3 sweet potatoes medium, cut in half
- 3 inches lemongrass coarsely chopped
- 1 teaspoon fresh ginger grated
- 3 cloves garlic
- 3 teaspoons vegetable oil divided
- 2 cups water
- 15 ounces chickpeas drained
- 14 ounces crushed tomatoes
- 13 ounces coconut milk
- 1/2 cup chopped onion
- 1/2 cup carrots chopped
- 3 tablespoons red curry paste
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 4 cups jasmine rice cooked
- 1/4 cup fresh basil chopped
- 1/4 cup chopped fresh cilantro
- 2 limes cut into wedges

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 108 grams
3. Fat: 14 grams
4. Fiber: 8 grams
5. Protein: 13 grams
6. SaturatedFat: 10 grams
7. Sodium: 580 milligrams
8. Sugar: 5 grams

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