

Indian Chickpea Sweet Potato Stew

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-silverbeet-recipe>

Ingredients:

- 2 teaspoons black mustard seeds
- 1 1/2 teaspoons cumin seeds whole
- 2 tablespoons coconut oil
- 2 yellow onions medium, finely diced
- 6 garlic cloves minced
- 1 1/2 inches fresh ginger piece, grated or minced
- 3 bay leaves
- 1 tablespoon Garam Masala
- 2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon red chili powder Indian, or 1/4 teaspoon cayenne pepper**
- freshly cracked black pepper A generous amount
- 15 ounces chickpeas 2 cans, drained and rinsed, equivalent to 3 1/2 cups cooked chickpeas
- 2 cups water or vegetable broth
- 3 cups sweet potatoes peeled and finely diced, ****
- 14 1/2 ounces crushed tomatoes 1 can or half of 1, 28-ounce can crushed tomatoes
- 1 1/2 teaspoons kosher salt
- 4 ounces Swiss chard ****, finely sliced into ribbons
- 1 1/2 tablespoons fresh lemon juice
- 1 cup fresh cilantro roughly chopped
- 1/2 cup fresh mint *****, finely chopped
- white rice or brown rice
- flatbread Indian, or pita bread
- red onion Thinly sliced
- yogurt coconut

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 13 grams
6. Protein: 16 grams
7. SaturatedFat: 7 grams
8. Sodium: 1580 milligrams
9. Sugar: 10 grams

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