

Sweet Potato and Chickpea Stew

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-turkish-chickpea-stew-spinach-tomatoes>

Ingredients:

- 1 teaspoon cooking oil
- 1 onion medium or large
- 4 cloves garlic or 1 teaspoon garlic powder
- 2 teaspoons curry powder
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper optional for some heat
- 1/2 teaspoon salt
- 15 ounces diced tomatoes
- 15 ounces chickpeas or garbanzo beans, drained and rinsed, divided
- 1 sweet potato large, cubed
- 1 can light coconut milk *, or half a can of full-fat coconut milk diluted with half a can of water
- 2 cups spinach tightly packed
- 1 cup quinoa cooked according to package directions, optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 37 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 8 grams
6. SaturatedFat: 11 grams
7. Sodium: 340 milligrams
8. Sugar: 4 grams

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