Chickpea and Sweet Potato Curry

Yield: 4 min
Total Time: 40 min

Recipe from: https://www.recipeschoose.com/recipes/vegan-indian-sweet-potato-recipe

Ingredients:

- 2 tablespoons canola oil
- 1 yellow onion small, chopped
- 2 garlic cloves finely chopped
- 1 tablespoon fresh ginger chopped
- 1 chili Thai or jalapeño, seeded and finely chopped
- 1 tablespoon curry powder
- freshly ground pepper
- salt
- 1 sweet potato large, peeled and cut into 1/2-inch cubes
- 15 ounces chickpeas drained and rinsed
- 1 can coconut milk 14 fl. oz., well shaken
- 1 cup water
- 1/2 cup frozen peas
- 1/2 cup diced tomatoes canned, drained
- basmati rice Steamed, for serving, optional

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 10 grams
6. Protein: 12 grams
7. SaturatedFat: 22 grams
8. Sodium: 620 milligrams
9. Sugar: 7 grams

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