Sweet Potato Curry

Yields 3 servings
Prep Time: 5 minutes | Cook Time: 20 minutes | Total Time: 25 Minutes

1 medium-large sweet potato
1 yellow onion
1 tablespoon coconut oil
4 tbsp. red or green curry paste
1 15 oz. can chickpeas
1 13.5 oz can of coconut milk

1. Heat oil in a large skillet over medium-high heat. Add onion to skillet and cook, stirring frequently for about 5-6 minutes. Add curry paste to the skillet, cook for another minute.

2. Add sweet potatoes, chickpeas, and coconut milk to the skillet. Stir.

3. Allow sauce to heat up. Simmer for 10-15 minutes until sweet potatoes are tender enough to be pierced with a fork. Season with salt and pepper as needed.

4. Serve over rice.

Recipe adapted from © eatingbirdfood.com

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