

Sweet Potato and Chickpea Curry

Ingredients:

- 2 medium orange sweet potatoes
- 1-14 oz. can reduced sodium chickpeas
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 Tbsp. low-sodium vegetable broth
- 1 C light coconut milk
- 1 C plain soy milk
- 1 thumb-sized piece fresh ginger, minced
- 2 tsp. ground turmeric
- 1 Tbsp. ground cumin
- 1 Tbsp. ground coriander
- 2 Tbsp. tomato paste
- 1 tsp. apple cider vinegar
- 1 Tbsp. brown sugar (optional)
- 1/8 tsp. salt
- 1/8 tsp. cayenne pepper

Serves 7



*GLUTEN-FREE



*VEGAN

Nutrition Facts

Serving Size 1 cup (198g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 8g

Protein 5g

Vitamin A 35% • Vitamin C 15%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Wrap potatoes in foil and bake* for about 30-40 minutes in 400° oven.
2. They should be soft on the outside but not mushy. When potatoes are cool, peel them and dice into 1/2" chunks.
3. Sautee onion and garlic in low-sodium vegetable broth 2-3 minutes.
4. Add remaining ingredients, except the chickpeas and potatoes, in saucepan and simmer 5-10 minutes until all spices are incorporated.
5. Add potatoes and chickpeas and simmer another 10 minutes.
6. Add water or more soy milk as needed for thinner sauce. Serve over brown rice or quinoa.