

Shannon's Sweet Potato Curry



Ingredients

One yellow onion
2 tsp fresh ground ginger
1 tbsp garlic
1 tbsp of curry (or more)
1 red pepper
1 yellow pepper
*option sub zucchini and yellow squash for peppers

1/2 cup cashews
3 medium size sweet potato, already cooked and soft
1 can coconut creme
1 can coconut milk
1 can chickpeas

Directions

Cook sweet potatoes at 400 in oven for 30 minutes. (I like to do this the day before)
Sauté garlic and ginger in coconut oil.
Add sliced onion.
Add curry.
Add peppers or veggies.
And chickpeas and cashews.
Sauté on low until veggies are soft - about 20 minutes or so.

In soup pot, add sweet potatoes, coconut milk and creme.
Cook on low for 60-90 minutes to allow sweet potatoes to break down.
Add sautéed veggies to pot once they are soft.
*Add fresh kale or spinach at the end prior to serving.

Serve or rice or a slice of gluten free bread, or over a bed of greens

Credit *Modified from Donny and Lesley Walker's amazing recipe...YUM!