

Vegan Sweet Potato Chickpea Curry



Yummy vegan curry dish. Serve with basmati rice and naan bread.

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 6

Yield: 6 servings



Ingredients

3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 teaspoons minced fresh ginger root
1 (15 ounce) can chickpeas, drained
1 (14.5 ounce) can diced tomatoes
1 (14 ounce) can coconut milk
1 sweet potato, cubed
1 tablespoon garam masala
1 teaspoon ground cumin
1 teaspoon ground turmeric
½ teaspoon salt
¼ teaspoon red chile flakes
1 cup baby spinach

Directions

Step 1

Heat oil in a skillet over medium heat and cook onion, garlic, and ginger until softened, about 5 minutes. Add chickpeas, tomatoes, coconut milk, and sweet potato. Bring to a boil, reduce heat to low and simmer until tender, about 15 minutes.

Step 2

Season with garam masala, cumin, turmeric, chile flakes, and salt. Add spinach right before serving.

Nutrition Facts

Per Serving:

293 calories; protein 5.1g; carbohydrates 22.3g; fat 21.6g; sodium 515mg.

Note: You can omit the ground turmeric.