

Easy peasy sweet potato and kale coconut curry

Serves 4

Ingredients

- 2 tbsp. oil (coconut oil, olive oil, canola oil, etc.)
- 1 medium white onion, diced
- 2-3 cloves minced garlic
- 2 tsp. hot curry powder
- 2 tsp. garam masala
- ½ tsp. ground ginger (or a few teaspoons of fresh, minced ginger!)
- 2 medium sweet potatoes, diced into ¼- ½ inch cubes
- 15-oz. can coconut milk
- 1 cup water
- ½ - 1 cup peas (frozen is fine)
- 1 medium bunch kale, chopped into bite-sized pieces
- Salt and pepper to taste



Directions

1. Heat the oil up in a large saucepan. Add the diced onion and garlic and cook for about 2 minutes, or until the onion is softened. Add the spices and cook for another minute or so, or until the spices have been fully absorbed by the oil.
2. Add the sweet potatoes, coconut milk, and water and bring to a boil. Simmer for about 10 minutes, then add the peas, kale, salt, and pepper. Cook for another 10 minutes or so, or until the kale and sweet potatoes are both tender and the curry is thickened.
3. Serve with naan bread, basmati rice, or quinoa and enjoy!