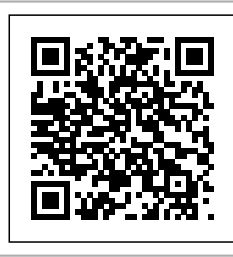


Chickpea and Sweet Potato Stew



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 1 hours 0 minutes

Ingredients

__ 3-14.5oz cans of Chickpeas, drained and rinsed

__ 1 Large or 2 Smaller Sweet Potatoes, peeled and finely diced

__ 2 Tbsp of Olive Oil

__ 1 Large Onion, minced

__ 3 Cloves of Garlic, minced

__ 1 Tbsp of Ginger, minced or grated

__ 2 tsp of Garam Masala

__ 2 tsp of Chili Powder

__ 1 Tbsp of Turmeric

__ 1 Tbsp of Cumin seeds (or 2 tsp of ground cumin)

__ 1 Tbsp of Coriander seeds (or 2 tsp of dry coriander)

__ 2 cups of Coconut Milk (1 14.5oz can will do perfectly)

__ 6 cups of Water or Veggie Broth

__ 4 cups of Greens of Choice, I like Tuscan Kale or Chard

__ Salt and Pepper to taste

__ Fresh Cilantro and Fresh Lime Juice to serve

1) In a large dutch oven, add the oil along with the onion, add a tiny pinch of salt and saute until translucent, meanwhile, in a mortar and pestle, grind the whole spices until they are slightly pulverized but still mainly whole.

2) Add the ginger and garlic, sautee for a couple minutes, then add the partially crushed spices, cook for a minute, add the remaining spices, stir them in a minute as well then add the chickpeas and sweet potatoes and allow them to cook with the spices for 2 minutes stirring them the whole time so the spices don't burn.

3) Add the coconut milk and water along with a good pinch of salt, bring to a boil, partially cover, reduce the heat to medium-low and simmer for about 45 minutes.

4) Once the sweet potatoes are super tender, take a potato masher and lightly mash the chickpeas and potatoes a bit to thicken the stew, then increase the heat to medium high, add the greens, cook for just a few minutes then serve over rice with fresh cilantro and a squeeze of lime!

