

SWEET POTATO AND SPINACH VINDALOO

Indian spiced stew with sweet potato, garbanzo beans and spinach

Portion: 1 cup Yields: 6



INGREDIENTS:

1 tsp	Cardamom, Ground	2 Tbsp	Fresno Red Chili Peppers, Thin Sliced
1 Tbsp	Cumin, Roasted, Ground	1 1/2 cup	Diced Tomatoes in Juice, No Added Salt
1 Tbsp	Coriander, Ground	1/4 cup	Cider Vinegar
1/2 tsp	Cloves, Ground	2 cup	Water
1/4 tsp	Turmeric	1 Tbsp	Granulated Sugar
1 tsp	Paprika, Ground	2 cup	Sweet Potatoes, Peeled, Diced
1 tsp	Cinnamon, Ground	2 cup	Garbanzo Beans, Rinsed, Drained
2 Tbsp	Canola Oil	4 oz	Spinach, Chopped
10 oz	Onions, Diced	1/4 tsp	Salt, Kosher
1/2 tsp	Mustard Seed	2 Tbsp	Cilantro, Chopped
2 Tbsp	Ginger Root, Minced		

METHOD:

Combine spices and set aside. Heat oil in a heavy bottomed pot and add the diced onions and mustard seeds. Sauté on medium low heat for 5 minutes until slightly browned. Stir in spice mix, ginger and chiles and cook for 3 more minutes. Then, add tomatoes, vinegar, water and sugar and bring to a boil, then simmer, covered for 20 minutes. Add the sweet potatoes and beans; simmer for another 20 minutes, covered. When the potatoes are tender, add the spinach and salt. Stir until spinach wilts and simmer until sauce thickens. Garnish with fresh cilantro.

CHEF'S NOTES:

Serve over steamed basmati rice with creamy yogurt sauce. Use whole seeds if available and toast and grind for more flavor. Flavor improves next day.

CALORIES (kcal): 230

PROTEIN (g): 8

SUGAR (g): 12

TOTAL FAT (g): 7

SODIUM (mg): 280

SAT FAT (g): 0.5

DIETARY FIBER (g): 9