Mark’s Kitchen

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**Sweet Potato Curry with Chickpeas**

Ready in: 40 minutes

Serves: 8

Recipe by Anjali Shah

This week’s recipe is from my friend Anjali at [The Picky Eater.](https://www.pickyeaterblog.com/sweet-potato-curry-with-chickpeas/) It’s a warm, spicy curry full of comforting, detoxifying spices. Spinach has been shown to support cognition thanks to its high content of vitamin K and folate, while sweet potatoes pack a ton of immune boosting beta-carotene. And, curry powder is another perfect example of “food as medicine”; it’s a combination of beneficial spices including turmeric, which is a powerful anti-inflammatory that can also fight dangerous plaques and free radicals specifically within the brain.

Ingredients:

* 1/2 tablespoon extra virgin olive oil
* 1-6 oz box of baby spinach or baby kale
* 2-15 oz cans of chickpeas
* 1 red onion, diced
* 2 yellow bell peppers, diced
* 2 sweet potatoes, diced into 1/4 inch cubes
* 1/2 cup frozen corn
* 1 large carrot, peeled and diced
* 5 celery sticks, diced
* 7 cloves of minced garlic
* 1 tablespoon minced ginger
* 2 heaping tablespoons curry powder
* 1 teaspoon salt
* 1-30 oz can crushed tomatoes
* 1-15 oz can light coconut milk

Instructions:

1. Heat a large pot over medium heat. Add the olive oil, onion, carrots, celery and bell peppers. Sauté for 8 minutes, stirring often until the onions are translucent.
2. Add the garlic, ginger, corn, spinach/baby kale, and curry powder. Cook for 2 minutes.
3. Add in the rest of your ingredients.
4. Bring to a boil, reduce to simmer. Cover and cook for about 30 minutes until the sweet potatoes are tender.

Nutritional analysis per serving: calories 250, fat 5.4g, sodium 793.8mg, carbohydrate 44.8g, fiber 9.3g, sugar 8g (0g added sugar), protein 9.2g