



Sweet Potato and Spinach Vindaloo

Indian spiced stew with sweet potatoes, garbanzo beans and spinach

Yield: 6 servings

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



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.

Note: 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)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
232.7	7.8	37.7	6.8	0	277.7	8.3	0.6