



Sweet Potato Coconut Kale Curry



With the cold weather fast approaching, this dish will help keep you warm. Comforting and hearty, it's high in carotenoids, phytonutrients, and antiviral properties to help keep your immune system humming, too.

Ingredients:

- 1 Tbsp. organic coconut oil
 - 1 Tbsp. organic curry powder
 - 1 tsp. organic ground ginger
 - Pinch organic red pepper flakes or cayenne and/or cloves, optional, to taste
 - ¼ to ½ tsp. pink Himalayan or sea salt (to taste)
 - ½ small red onion or 1 shallot, chopped
 - 3 cloves garlic, peeled, crushed, & chopped or minced
 - 1 medium-large organic sweet potato, diced
 - 1 cup organic lite coconut milk
 - 2-3 Tbsp. organic coconut aminos OR gluten-free soy sauce
 - ¾ cup dry organic green or red lentils, rinsed & drained
- 2 cups packed fresh organic kale
 - *Optional:* 1 cup organic short-grain or basmati brown rice OR organic quinoa, prepared as per package instructions

Directions:

In a medium-large pot, heat the coconut oil, spices, onion, and garlic over medium-high heat, stirring frequently until clarified. Add the sweet potato, stir well, and allow to sweat partially covered, 2-3 minutes.

Add the coconut milk, coconut aminos/soy sauce, and lentils. Stir occasionally and allow to boil.

Reduce heat and let simmer until potatoes and lentils are tender, about 15 minutes. Add the kale, cover, and let wilt, about 1-2 minutes.

Stir well and serve over rice or quinoa. Makes 3-4 servings (with rice).