Louisiana Harvest of the Month

Sweet Potato Curry

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 2 Tbsp. Olive oil
- 1 Medium Onion, Diced
- 2 cups chopped carrots
- 1 Red bell pepper, diced
- 1 ¼ lb. sweet potatoes, cut into 1-inch pieces
- 2 Tbsp. Fish Sauce or soy sauce
- 2 Limes, Divided
- 4 oz red curry paste
- 1 Tbsp. Tomato Paste
- 1 cup low sodium Chicken broth
- 2 cans (15 Oz. Size) Garbanzo Beans, Drained
- ¼ tsp. Salt
- 1 can (11 1/2 Oz. Size) Coconut Milk
- ½ cup cilantro

Cooking Instructions

1) Turn pressure cooker (instant pot) to “sauté” setting. Once it heats up add the olive oil and diced onion, let cook stirring occasionally for about 3 minutes.
2) Add carrots, bell pepper, and sweet potato. Cook for another 2–3 minutes.
3) Add fish/soy sauce, juice from 1 lime, curry paste, tomato paste, broth, beans, and salt, stir to combine. Press the “Cancel” button and put the lid on the cooker, making sure the steam release vent is set to “Sealing”. Set the cooker to cook at high pressure for 7 minutes.
4) When the pressure cycle is over, turn steam release valve to “Venting” to release all the pressure. Using a whisk, stir the mixture vigorously to break up the potatoes and make the sauce thick and creamy.
5) Stir in coconut milk. Cut the remaining lime into wedges for serving. Serve over steamed rice with a couple of lime wedges and a sprinkle of cilantro.

Nutrition Facts

6 Servings Per Container

Serving Size **3/4 cup (394g)**

Calories Per Serving **480**

Amount Per Serving	% Daily Value *
Total Fat 20g	25%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	25%

Amount Per Serving	% Daily Value *
Total Carbohydrates 64g	23%
Dietary Fiber 15g	53%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 17g	

Vitamin D 0mcg 0% . **Calcium** 120mg 10% . **Iron** 7.9mg 45% . **Potassium** 1050mg 20%

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