

Kale, Sweet Potato, and Chickpea Stew

Ingredients:

- 1 medium yellow onion
- 2 cloves garlic
- 2 teaspoons fresh ginger (chopped)
- 3/4 teaspoon turmeric
- 1/4 teaspoon crushed red pepper
- 3/4 pound kale
- 2 large sweet potatoes
- 1 can (15 oz) chickpeas
- 6 cups (1 1/2 quarts) vegetable broth
- 1 cup canned unsweetened coconut milk
- Kosher salt and fresh ground pepper
- 2 cups brown rice

Directions:

1. Cook the rice according to the package instructions—we combined 2 cups short grain brown rice and with 4 cups water, brought to a boil, and simmered for 50 minutes.
2. Prepare the vegetables: Dice the onion. Finely chop the 2 cloves garlic and 2 teaspoons ginger. Wash the kale, remove the tough stems and roughly chop. Dice the sweet potato into bite-sized cubes.
3. Prepare the soup: In a large pot, heat at about 2 tablespoons olive oil. Cook the onion until translucent, about 5 minutes. Stir in the garlic, 2 teaspoons ginger, 3/4 teaspoon turmeric, and 1/8 teaspoon crushed red pepper, and cook for 1 minute.
4. Stir in the sweet potatoes. Then add the 6 cups vegetable broth and bring to a simmer.
5. Once the stew is simmering, add the kale and chickpeas. Simmer for about 20 minutes until the sweet potatoes are tender.
6. Stir in one cup coconut milk.
7. Add salt and pepper to taste, and serve over brown rice.

Recipe Source: “It’s from *A Couple Cooks*, and I got it originally from a friend.”
(www.acouplecooks.com/2010/12/kale-sweet-potato-and-chickpea-stew/)

Shared by: Carly Borgmeier

Registered Dietician Notes:

Calories: 490
Protein: 19 g
Carbohydrates: 76 g
Fat: 13 g
Sat Fat: 7 g

