Curried Sweet Potato & Spinach Stew

Yield: 4 to 6 servings

<u>Ingredients</u>

- 3 tablespoons olive oil
- 1 pound sweet potatoes (about 2 medium sweet potatoes), peeled and cut into 1 inch cubes
- 1 medium yellow onion, peeled and chopped ½ inch
- 3 tablespoons Thai red curry paste
- 3 garlic cloves, minced (about 1 tablespoon)
- 1(1-inch) piece fresh ginger, peeled and grated (about 1 tablespoon)
- Squirt of sriracha if you want some spice
- 1 teaspoon ground turmeric
- 1 cup red lentils, rinsed
- 3 cups low-sodium vegetable stock (I used Better than Bouillon chicken stock reconstituted)
- Salt to taste (I add this at the end since my chicken stock is salty)
- 1(13-ounce) can full-fat coconut milk
- 1(4- to 5-ounce) bag baby spinach
- 1 lime, juiced
- Fresh cilantro leaves, for serving if desired

<u>Instructions</u>

In a heavy 6 quart pot, heat two tablespoons of olive oil over medium-high. Add the sweet potatoes and cook, stirring occasionally, until browned all over, 5 to 7 minutes. Transfer the browned sweet potatoes to a plate and set aside.

Add the remaining 1 tablespoon olive oil to the pot and set the heat to medium-low. Add the onion and cook, stirring occasionally, until translucent minutes. Add the curry paste, garlic, ginger, chile, and turmeric, and cook until fragrant, about 1 minute.

Add the lentils, stock, salt and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.

Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 15 to 20 minutes.

Add the spinach and stir until just wilted, 2 to 3 minutes. Off the heat, stir in the lime juice and season with salt to taste.

Divide among shallow bowls and top with cilantro, if using.