Vegan Potato Curry

INGREDIENTS
1 Tbsp neutral oil
1/2 medium onion, diced
2 cloves garlic, minced (sub 1/4 tsp garlic powder)
1 Tbsp curry powder
1 Tbsp tomato paste
3-4 medium tomatoes, chopped
2 medium or 4 small potatoes, cut in 1-inch cubes
1 large carrot, sliced into thin rounds
14 oz can coconut milk
15 oz can chickpeas, drained and rinsed (optional)
salt and pepper, to taste

Tips: Serve with naan or over rice. Spinach is a great addition! Add it at the final minute of cooking to wilt. You can easily sub canned diced tomatoes for fresh.

PREPARATION
1. Heat a large pot over medium heat. Add onion and saute for 3-5 minutes or until fragrant. Add garlic and cook for an additional 30 seconds.
2. Add curry powder and cook for 1 minute while stirring. Add tomato paste. Stir and saute for 1 minute.
3. Add chopped tomatoes and stir, cooking for 2 minutes.
4. Add potatoes, coconut milk, and chickpeas (if using). Season with salt and pepper to taste. Bring to a low boil, then cover and simmer on medium-low heat for 15 minutes or until potatoes and carrots are soft.
5. Serve and enjoy! Store leftovers in the fridge for up to 5 days.

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