



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.



Curried Sweet Potatoes and Spinach

INGREDIENTS

2 tablespoons **olive oil**
3 large **sweet potatoes** (any variety),
cubed
2 teaspoons **curry powder**
 $\frac{1}{4}$ - $\frac{1}{2}$ cup **water**
 $\frac{1}{2}$ **red onion**, diced
1 pound **spinach**
1 tablespoon **balsamic vinegar**
Salt and pepper to taste

DIRECTIONS:

1. Wash sweet potatoes under cold water, rinsing off any excess dirt left on the skins. Heat olive oil in a large skillet over medium heat.
2. Cut sweet potatoes into cubes and add to skillet. Cook, stirring occasionally until potatoes start to soften, about 8 to 10 minutes.
3. Add curry powder and cook for 1 minute until fragrant and toasted. Add water and diced red onion. Continue to stir occasionally until water evaporates and potatoes are tender and browned, another 5 to 7 minutes.
4. Next add spinach to the skillet in 2 batches, adding second batch when first wilts, let cook about 2 minutes.
5. Stir in balsamic vinegar to potato mixture; season with salt and pepper. Serve warm and enjoy!



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