

quick sweet potato curry

ingredients

One can coconut milk

One can water

About 2 C of your favorite
veggies (I like onions, sweet
potatoes, red peppers, carrots)

1/2 tsp. cumin

1/2 tsp. salt (later may add 1/4
tsp. more if it tastes bland)

1-3 tsp. green curry paste
(depending on your desire for heat)

directions

Lightly simmer everything until veggies are tender; serve over
rice



a gentler and happier approach to health