

# Warming Winter Curry

1 can full fat coconut milk  
1 large sweet potato cut into bite size chunks  
2 cups chopped kale  
1 medium onion  
1 teaspoon coriander  
1/2 teaspoon cumin seeds. Roast cumin seeds in a dry skillet. This only takes a minute or two. Be careful not to burn them. Set them aside after roasting. If you do not have cumin seeds, use powdered cumin and obviously, don't roast the powder!  
1/2 to 1 teaspoon Real Salt or sea salt  
1/8 to 1/4 teaspoon cayenne



In a medium pot, add coconut milk plus one can of water. Add all other ingredients except for the kale. Cook for 5 minutes, then add the kale and simmer until veggies are tender. Serve over brown rice.

Recipe from Melissa Chappel