



**CAMP  
SOUTHERN  
GROUND**

## **SWEET POTATO CHICKPEA STEW**

### **INGREDIENTS**

- 2 tablespoon coconut oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 2 teaspoon smoked paprika
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon chili flakes
- 14.5 oz can chopped tomatoes
- 14.5 oz cans chickpeas
- 2 medium sweet potatoes, cut into 1-inch chunks
- 14.5 oz can coconut milk
- 2 handfuls baby spinach



### **DIRECTIONS**

1. In a large pan, heat the coconut oil and fry the onion over medium heat for 2-3 minutes until softened and slightly golden. Add the garlic and continue to cook for another 30 seconds until fragrant. Add all the spices to the pan and mix them in.
2. Stir in the chopped tomatoes and cook for 1-2 minutes until the sauce thickens a bit.
3. Add the chickpeas and sweet potatoes to the pan and pour the coconut milk over them. Mix everything well and bring to a boil. Lower the heat, cover with a lid and cook for 15 minutes until the potatoes are fork tender.
4. Add the baby spinach to the pan and cook for another minute with the lid on until it wilts. Serve over rice or quinoa, or with some crusty bread.