

Asparagus-Potato Curry

This is a VERY versatile recipe!

- *add chicken or shrimp*
- *add chick peas*
- *add cauliflower, Brussels sprouts or carrots*

2 tsp. Coconut oil
1 medium onion, diced
3 cloves garlic, minced
1 tbs. curry powder
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp cayenne pepper
1 13-15 ounce can coconut milk
1 cup cubed Yukon Gold potato or sweet potato
 $\frac{2}{3}$ cup frozen peas
1 pound asparagus, chopped into quarters
Juice from 1 lime

In a saucepan, heat over medium heat. Cook onion, stirring frequently, for 3-5 minutes or until translucent. Add garlic, curry, cinnamon, salt, and cayenne; cook for an additional 2 minutes. Add coconut milk and potato. Bring to a boil, reduce heat, cover and simmer until potatoes are just tender, about 10 minutes.

Mix in peas and asparagus. (Add a little water or stock if sauce is too thick.) Return to a boil and simmer for 10 more minutes. Mix in lime juice and salt to taste.

Remove pot from heat and let stand 5 minutes before serving.

Serves 4