# One pot sweet potato and white bean curry

by Radhi Devlukia-Shetty

*Everything simmers together in one pot here, with sweet potato turning soft and tender, white beans adding real heartiness, and coconut milk bringing it all together into a creamy, gently spiced bowl. Simple, comforting, and easy to clean up after, it's the kind of meal that makes eating more plants feel effortless—and a little kinder to animals too. Perfect with rice, pita, or whatever you've got waiting to be scooped.*

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 4

## Ingredients

2 cans white beans, drained
1 large sweet potato, peeled and cubed
1 cup diced tomatoes
1 cup coconut milk
1 cup green cabbage, finely chopped
2 serrano peppers, finely chopped
1/2 tablespoon fresh ginger, grated
1 teaspoon cumin seeds
1/8 teaspoon asafoetida
1 1/2 teaspoon curry powder
1 1/2 teaspoon salt

## Instructions

1. Add oil to a pan and bring up to a medium heat. Add the cumin seeds, asafoetida, serrano pepper and ginger. Saute for 2 minutes then add in cabbage, sweet potatoes and salt.

2. Pour in the beans,tomatoes, coconut milk and curry powder.

3. Mix everything together, cover, and cook for 20 minutes or til sweet potatoes are soft (but not mushy).

4. Serve warm and garnish with vegan yogurt, pickled chillies and chopped cilantro. Enjoy with grilled pita or on top with rice.

5. Say a prayer of gratitude, serve with love, and eat with joy.