

Sweet Potato Chicken Curry

- 2 teaspoons curry powder
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon ground red pepper
- 1 bay leaf
- 1 ½ teaspoons olive oil
- 1 ½ pounds skinless, boneless chicken breast, cut into 1 inch pieces
- 1 ½ cups vertically sliced onion
- 1 ½ teaspoons minced peeled fresh ginger
- 2 garlic cloves, minced
- 14 oz chicken broth
- 14 oz can diced tomatoes, undrained
- 2 cups sweet potato, peeled and cubed (1/2 inch)
- ¾ cup canned chickpeas, rinsed and drained
- ½ cup frozen green peas
- 1 tablespoon fresh lemon juice

Combine curry powder, coriander, turmeric, salt, black pepper, red pepper, and bay leaf in a small bowl.

Heat oil in a large Dutch oven over medium-high heat. Add chicken to pan; sauté 5 minutes or until browned, stirring occasionally. Remove chicken from pan.

Reduce heat to medium. Add onion to pan; cook 10 minutes or until tender, stirring frequently. Increase heat to medium-high; return chicken to pan. Cook 1 minute, stirring occasionally. Stir in ginger and garlic; cook 1 minute, stirring constantly.

Add curry powder mixture; cook 2 minutes, stirring constantly. Add broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in potato and chickpeas. Cook, uncovered, 30 minutes. Add peas; cook 5 minutes or until thoroughly heated. Remove from heat; stir in lemon juice. Discard bay leaf. Serve over rice.