

Cabbage and Sweet Potato Coconut Curry

Adapted from [My Colombian Recipes](#)

Ingredients

- 3 tbsp. vegetable oil
- 1/2 tsp. crushed red pepper flakes, or more to taste
- 2 small-to-medium or 1 large onion
- 4 cloves garlic, minced
- 1/2 tsp ground cumin
- 1 1/2 - 2 tsp. Carribbean- or Jamaican-style curry powder
- 1 cup chicken or vegetable broth
- 1 13.5-oz (or so) can coconut milk
- 1/2 cup tomato sauce
- 1 tbsp. tomato paste
- 3/4 tsp. salt, or to taste (will depend on the saltiness of the tomato sauce and broth), divided
- 2 large sweet potatoes, peeled and cubed
- 1 large white potato, peeled and cubed (or substitute more sweet potatoes)
- 1 head cabbage shredded
- 1-2 tbsp. lime juice, or to taste, from about 1/2 lime
- 1 cup frozen peas (optional)

Directions

- In a stock pot, heat the oil over medium heat.
- Add the onion and pepper flakes and cook, stirring occasionally, until the onions soften.
- Add the cabbage and cook, stirring occasionally, until the cabbage collapses and maybe even takes on some color.
- Add the sweet and white potatoes, mix, and cook a few more minutes.
- Add the garlic, cumin, and curry, and cook about 1 minute, until fragrant.
- Add the broth, coconut milk, and tomato sauce, tomato paste, and 1/2 tsp. salt. Bring to a boil, then reduce to medium-low.
- Cover and cook about 30 minutes, until potatoes are tender.
- Once the curry has been simmering about 10 or 15 minutes taste and add more salt if needed.
- When potatoes are cooked uncover and stir in the peas (optional) and 1 tbsp. lime juice. Taste and add more salt and lime if needed.
- Grind or sprinkle with a little extra salt when serving, if desired.
- Serve with rice and hot sauce