

Healthy Curried Potatoes

Ingredients:

- 2lbs whole small potatoes, washed
- 1 small red onion, diced
- ½ cup almond or peanut butter
- 1½ cups water
- ½ cup unsweetened plant milk
- ½ tbsp. turmeric powder
- 1 tsp. onion powder
- ¾ tsp. cumin powder
- 1 tsp. salt or to taste*
- 2 tbsp. fresh parsley, chopped
- a squeeze of lemon or lime juice (optional)



Instructions:

1. Boil the potatoes in salted water until fork tender.
2. Sauté the onion in a pan with a dash of water to keep it from sticking, for 2-3 minutes.
3. Place the almond or peanut butter, water, milk, turmeric, onion powder, cumin, and salt in a blender and blend for 1-2 minutes until smooth.
4. Add this to the pan with the onions and cook on medium heat until the sauce starts to thicken, about 10 minutes.
5. Strain the potatoes and add the sauce, mix well to combine.
6. Garnish with chopped parsley and (optional) add a squeeze of lemon juice to freshen it up.

Tips: Serve with a raw salad, steamed asparagus spears, green beans, or peas.

**Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda*