Sweet Potato, Kale & Sausage Bowl

Serving: 2

Ingredients

1 large **sweet potato** *roasted and cooled (that's about 1½ cups)*

½ small **onion** *finely diced*

1-2 **button mushrooms** *chopped*

4 oz **organic sausage** *casing removed*

Salt and pepper to taste

5 **kale leaves** *stems removed and chopped (you can sub collard or baby spinach)*

¼ cup **full fat coconut milk**

1 tsp **garam masala**

½ tsp **spicy curry**

¼ tsp **ground ginger**

¼ tsp **ground cinnamon**

1-2 tbsp **organic toasted coconut shavings**

1-2 tbsp **full fat coconut milk**

Directions

Roast the sweet potato ahead of time. Peel and dice into bite-sized pieces. Toss with a small amount of olive oil, salt & pepper. Spread onto a baking sheet and roast in a 350 degree oven for about 15-20 minutes until tender. Remove from the oven and cool.

In a heavy skillet set over medium high heat melt a little bit of coconut oil. When oil is nice and hot, add onions, mushrooms, salt and pepper and cook until the veggies are fragrant and softened, about 2-3 minutes.

Add sausage, garam masala, curry, ginger and cinnamon and continue cooking until the sausage is no longer pink in color.

Throw in the chopped kale and cook, stirring delicately, until the kale starts to wilt and turns a vivid dark green. Stir in coconut milk and continue cooking just until heated through.

Transfer cooled sweet potato into bowls, top with kale and sausage mixture and garnish with a handful of toasted coconut, a little coconut milk and a pinch of garam masala.

Enjoy!