

## **Vegetarian Southern Sweet Potato Gravy**

From [biscuitsandbooze.com](http://biscuitsandbooze.com)

### **Ingredients**

1 Large Sweet Potato  
1 Medium Yellow Onion  
1 Can Coconut Milk  
1 Teaspoon Salt  
1/2 Teaspoon Muchi Curry  
1/4 Teaspoon Fresh Ground Black Pepper  
a Pinch of Cardamom  
2-3 Tablespoons All Purpose Flour  
2 Tabslepoons Olive Oil

### **Instructions**

1. Bake your potato in the microwave for 2-4 minutes. You don't want it to be mushy, just soft enough to easily dice. Peel and dice potato and set aside.
2. Slice onions.
3. Saute onions in olive oil over medium heat until soft and just starting to brown.
4. Add sweet potatoes and spices (salt, curry, cardamom, black pepper)
5. Add flour, one tablespoon at a time, until it is incorporated. For a thicker gravy you can use slightly more flour, for a thinner gravy, slightly less.
6. Slowly add in the coconut milk, stirring continuously with each add. I like to add about 3 tablespoons worth of coconut milk at a time, stir several times, then add more coconut milk.
7. Once all the coconut milk has been added, serve immediately over warm biscuits, eggs, or grits.

Beth's notes: I topped this with cilantro.