African Sweet Potato Stew

Ingredients:

- 6 cups cooked brown rice
- 1 Tablespoon olive oil
- 1 large onion, chopped
- 1 teaspoon fresh ginger root, minced (optional)
- 2 cups cabbage, chopped
- 4 cloves garlic, minced
- 1 can (18 ounces) sweet potatoes, drained and chopped
- 1 can (14.5 ounces) diced tomatoes
- 1-1/2 cups tomato juice
- ¾ cup apple juice
- ½ teaspoon red pepper flakes
- 2 cups frozen cut green beans
- 1/3 cup peanut butter

Directions:

1. Heat oil in a large skillet over medium heat. Add onion, cabbage and garlic; cook, stirring until cabbage is tender – crisp, about 5 minutes.
2. Stir in tomatoes, tomato juice, apple juice, peanut butter and spices (ginger root optional). Stir until peanut butter is well blended.
3. Add green beans and sweet potatoes.
4. Reduce heat, cover, and simmer about 15 minutes, until beans are cooked and flavors are mixed.
5. Serve stew spooned over cooked brown rice.

Yields about 6 servings

Source: Recipe from Broome County CCE

Nutrition Facts

Serving Size 1/6 of recipe (554g)  Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 470</th>
<th>Calories from Fat 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>370mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td>1%</td>
</tr>
<tr>
<td>Protein</td>
<td>12g</td>
<td>1%</td>
</tr>
</tbody>
</table>

Vitamin A 150% • Vitamin C 110%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

21.3% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.