African Sweet Potato Stew
Makes 6 servings

Ingredients:

6 cups cooked brown rice
1 tablespoon olive oil
1 large onion, chopped
2 cups cabbage, chopped
4 cloves garlic, minced
1 can (14.5 ounces) diced tomatoes
1 ½ cups tomato juice
¼ cup apple juice
1 teaspoon fresh ginger root, minced (optional)
½ teaspoon red pepper flakes
1/3 cup peanut butter
2 cups frozen cut green beans
1 can (18 ounces) sweet potatoes, drained and chopped

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, ginger root and red pepper flakes. 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.

Source: Broome county Cornell Cooperative Extension

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