Sweet Potato Stew
Makes 4 servings

Ingredients:
1 cup sweet potato, cubed
1 cup green bean, pieces
1 cup cabbage, sliced
1/2 cup onion, chopped
2 cloves garlic
1/2 teaspoon ginger root
2 teaspoons canola oil
1 cup tomato, canned, diced
1 cup tomato juice
1/2 cup apple juice
1/4 cup peanut butter
1/8 teaspoon cayenne pepper

Directions:
1. Wash, peel, and cube sweet potato.
2. Wash fresh green beans and cut into 1 inch pieces. Put sweet potatoes and green beans in a bowl and set aside.
4. Peel and finely chop ginger root. To prepare fresh ginger: remove the outer skin with a knife or vegetable peeler; slice and mince or grate finely.
5. Heat oil in sauce pan over medium heat. Add cabbage, onion, and garlic; sauté 4 to 8 minutes, until cabbage is tender-crisp.
6. Add tomatoes, tomato juice, apple juice, peanut butter, ginger root, and cayenne pepper. Stir until well blended.
7. Add green beans and sweet potatoes. Bring to a boil. Reduce heat, cover, and simmer 15 – 20 minutes, or until vegetables are tender.

Source: Cooking Up Fun! Vary Your Vegetables

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

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