Sweet Potato Stew

Ingredients:
1 cup sweet potato, cubed
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
1 cup green bean, pieces

Directions:
1. Wash, peel, and cube sweet potatoes. Wash fresh green beans and cut into 1 inch pieces. Put sweet potatoes and green beans in a bowl and set aside.
3. 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.
4. Heat oil in sauce pan over medium heat. Add cabbage, onion, and garlic; sauté 4 to 8 minutes, until cabbage is tender-crisp.
5. Add tomatoes, tomato juice, apple juice, peanut butter, ginger root, and cayenne pepper. Stir until well blended.
6. Add green beans and sweet potatoes. Bring to a boil. Reduce heat, cover, and simmer 15 – 20 minutes, or until vegetables are tender.

Yields about 4 servings

Source: Cooking Up Fun! Vary Your Vegetables, Session 4B

Nutrition Facts
Serving Size 1 1/4 cups (312g)
Servings Per Container 4
Amount Per Serving
Calories 210 Calories from Fat 100
% Daily Value*
Total Fat 11g 17%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 260mg 11%
Total Carbohydrate 25g 8%
Dietary Fiber 5g 20%
Sugar 12g
Protein 7g

Vitamin A 110% • Vitamin C 70%
Calcium 6% • Iron 10%

*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

48% calories from fat

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

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