



FORKS OVER KNIVES™

African Yam Stew | By Katelin Mae

Serves: 6-8



1/2 cup water
1 onion, chopped
1-2 tablespoon(s) Anaheim or jalapeno pepper, minced
1 tablespoon ginger, ground
1 tablespoon garlic granules
2 teaspoons cumin, ground
2 teaspoons coriander, ground
1/4 teaspoon crushed red pepper
6 yams, peeled and chopped
2 cups vegetable broth
24 ounces tomatoes, chopped
14 ounces garbanzo beans, drained and rinsed
14 ounces black eyed peas, drained and rinsed
1/2 cup almond or peanut butter, unsweetened
1 1/2 cup corn
6 cups collards, chopped

Instructions:

In a large pot, sauté onion and pepper with water for 5 minutes or until onions are translucent, stirring occasionally.

Add ginger, garlic, cumin, coriander and red pepper.

Cook and stir for 1 minute.

Mix in yams, vegetable broth, tomatoes, beans and nut butter.

Bring to a boil, reduce heat and simmer for 20 minutes.

Stir in corn and collards and cook for about 10 more minutes, until yams and greens are tender.

Serve over brown rice or other whole grain.