



Serves 6-8

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

½ 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

¼ 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

½ cup almond or peanut butter,
unsweetened

1½ cup corn

6 cups collards, chopped

African Yam Stew



Two popular vegetarian soups of Central Africa were the inspiration for this stew. In this region, sweet potatoes, beans, chili peppers, onions, ginger, garlic and peanuts are common ingredients. The peanut butter makes this a creamy stew, but there is only a small amount per serving. To decrease the richness serve over a whole grain or use only ¼ cup of peanut butter. Feel free to kick up the heat by using jalapeno pepper or more red pepper flakes.

By Katie Mae

- 1 In a large pot, sauté onion and pepper with water for 5 minutes or until onions are translucent, stirring occasionally
- 2 Add ginger, garlic, cumin, coriander and red pepper.
- 3 Cook and stir for 1 minute.
- 4 Mix in yams, vegetable broth, tomatoes, beans and nut butter.
- 5 Bring to a boil, reduce heat and simmer for 20 minutes.
- 6 Stir in corn and collards and cook for about 10 more minutes, until yams and greens are tender.
- 7 Serve over brown rice or other whole grain.