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## Simply Seasonal

### African Greens & Tomato Stew

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### African Greens & Tomato Stew

#### Ingredients

1 cup water  
1 bunch greens\* (kale, collards, chard, etc), chopped  
½ cup nut butter\* (peanut, almond, hazelnut, etc)  
Water as needed  
1 Tbsp olive oil 1 medium onion\*, chopped  
1 – 25 oz. can diced tomatoes  
½ cup cooked black-eyed peas or other bean\*, opt.  
1 sweet potato\*, cubed  
Rice, cornmeal\* or polenta\*, as desired

#### Directions

1. Place 1 cup water in a saucepan or skillet; add greens, cover and steam 3-5 minutes or until desired finish is reached.
2. Stir in peanut butter and enough water to make a sauce, if needed. Turn heat off and set aside.
3. In another pan, sauté onion in olive oil until translucent.
4. Add tomatoes, peas or beans and sweet potato.
5. Serve greens and stew with rice, cornmeal or polenta.

\*can be found locally