

CARIBBEAN VEGETABLE STEW

from the **Moosewood** cookbook

(serves 4)

Ingredients

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| 2 cups chopped onions | salt , to taste |
| 2 Tbsp vegetable oil | 2 cups chopped tomatoes (undrained) |
| 3 cups chopped cabbage | 2 cups sliced okra (or sweet peppers) |
| 1 fresh chile , minced OR | 3 Tbsp lime juice |
| 1/4 tsp cayenne powder | 2 Tbsp chopped cilantro |
| 1 Tbsp grated ginger root | |
| 2 cups water (or replace 1/2 cup of the water with a 1/2 cup of coconut milk, for richer flavor) | |
| 3 cups diced sweet potatoes , cut into 1/2-1/4 inch cubes | |

Preparation

1. In a soup pot, saute the onions in the oil on medium heat for 4 or 5 minutes. Add the cabbage and the chile or cayenne and continue to sauté, stirring often, until the onions are translucent, about 8 minutes.
2. Add the ginger and water, cover the pot and bring to a boil. Stir in the sweet potatoes, sprinkle with salt, and simmer for 5 or 6 minutes, until the potatoes are barely tender. Add the tomatoes, okra and lime juice. Simmer until all the vegetables are tender, about 15 minutes. Stir in the chopped cilantro and add salt to taste.

NOTE If you like, sprinkle with chopped peanuts and serve over rice or with some crusty bread.