

# CURRIED PEANUT SWEET POTATO, NAVY BEAN & CABBAGE STEW

YIELD: 12 CUPS/3 L

## INGREDIENTS

¼ cup	(60 mL) canola or olive oil
1 cup	(250 mL) chopped onion
1 tbsp	(15 mL) grated garlic
1 tbsp	(15 mL) grated ginger
1 tbsp	(15 mL) mild yellow curry powder
½ cup	(125 mL) smooth natural peanut butter
4 cups	(1 L) good quality vegetable stock
4 cups	(1 L) peeled diced American sweet potatoes (about 1 very large)
½	Small head green cabbage, finely shredded (about 1 lb/450 g total)
1 can (28 oz)	(796 mL) diced plum tomatoes
1 can (19 oz)	(540 mL) navy or white kidney beans, drained and rinsed
	salt and cayenne to taste
2 tbsp	(30 mL) cornstarch
2 tbsp	(30 mL) cold water
Garnishes	sliced green onions or chopped cilantro
	sliced avocado
	bean sprouts and/or more shredded cabbage
	light sour cream or Greek yogurt

## METHOD

1. Sweat onion, garlic and ginger in oil in large stock pot over medium-low heat until softened. Stir in curry powder and peanut butter.
2. Slowly stir in stock, then sweet potatoes. Increase heat to high and bring to a boil. Reduce heat to low, cover and cook until potatoes are almost tender, about 5 minutes. Stir in cabbage and cook until cabbage is tender crisp, about 10 minutes.
3. Stir in tomatoes and beans. Adjust seasoning. Bring stew to a boil.
4. Mix cornstarch with cold water until smooth. Slowly stir in enough cornstarch mixture until stew reaches your desired level of thickness.
5. Garnish as desired.

Recipe created by Chef Sara Harrel

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American Sweet Potato