



Recipe From Phyllis' Kitchen



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TUNISIAN YAM STEW

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6-8

1/3 cup water
1 onion, chopped
2 jalapenos, seeded and finely chopped
2 teaspoons minced fresh ginger
1 teaspoon minced fresh garlic
2 teaspoons ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon crushed red pepper
1/4 teaspoon ground coriander
5 cups peeled and chopped Garnet Yams
2 14.5 ounce cans chopped tomatoes
2 14.5 ounce cans garbanzo beans, drained and rinsed
1 cup green beans, cut in 1 inch pieces
1 1/2 cups vegetable broth
1/4 cup natural peanut butter
1/4 cup chopped cilantro

Place the water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute. Add yams, tomatoes, garbanzo beans, green beans, vegetable broth and peanut butter. Bring to a boil, reduce heat and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

Hints: To make this with chard instead of green beans, add the chard about 10 minutes before the end of the cooking time. Use 2 cups of chopped chard instead of the green beans.