



African Vegetable Stew

Yield: 6-8 oz. portions

2 Tbsp.	Olive Oil
1 Tbsp.	Garlic, chopped
1 c.	Parsnips, 1" chopped
1 ea.	Sweet Potato, peeled and 1" chopped
½ tsp.	Ground Coriander
¼ tsp.	Turmeric
¼ tsp.	Ground Ginger
¼ tsp.	Ground Cumin
36 oz.	Diced Tomatoes, canned
1 ½ c.	Water
½ c.	Rice
1 small	Zucchini, 1" chopped
2 c.	Fresh Spinach, roughly chopped
32 oz.	Garbanzo Beans, canned, drained
3 ea.	Scallions, chopped
2 Tbsp.	Raisins
Dash	Hot Sauce (to taste)
½ tsp.	Salt
	Parsley, chopped

1. Heat olive oil and add garlic, parsnips, sweet potato and spices. Saute briefly.
2. Add tomatoes and juice, water and rice. Bring to a boil and simmer 15 minutes.
3. Add zucchini, spinach, beans, scallions and raisins. Simmer until zucchini is cooked.
4. Add hot sauce and salt. Adjust seasonings if needed. Garnish with fresh chopped parsley.