



# YMCA TEACHING KITCHEN

## LIVE VIDEO INSTRUCTION: Vegetarian African Stew

Presented By: Beth Taylor | Sampson Family YMCA Teaching Kitchen

Please try to have all essential ingredients or a substitute. If you are having any trouble sourcing any ingredient or have any questions please contact Beth [etaylor@ymcapgh.org](mailto:etaylor@ymcapgh.org)

FOOD ITEM	QUANTITY	SUBSTITUTIONS/ NOTES
<i>Vegetarian African Peanut Stew</i> Adapted from The American Heart Association)		
Olive oil	2 teaspoons	
Onion, small	1	
Garlic cloves	2	Garlic powder, 1/4 teaspoon
Jalapeno Pepper (optional)	1	Any other ingredient to give the dish a little heat, hot sauce, cayenne pepper, pepper flakes, to taste
Low sodium vegetable broth	5 cups	Low sodium chicken broth
Creamy peanut butter	¼ cup	
Ground ginger	½ teaspoon	
Brown sugar	1 teaspoon	
Salt	¼ teaspoon	
Black pepper	¼ teaspoon	
Red potatoes	1 pound	
Canned pumpkin	15 ounce can	
Collard greens	1 large bunch	

## Prep Work

Examples: *preheat oven, soak beans, chop produce, etc*

Scrub potatoes and cut into 1 inch chunks

Wash collard greens and pat dry

## MATERIALS LIST

## SUBSTITUTIONS/ NOTES

Examples: *blender, twine, cheese cloth, oven safe pan, etc.*

Cutting board

Chef's knife

Measuring cups and spoons

Soup pot with lid

Wooden spoon or heat proof spatula

Whisk

Soup ladle

## Recipe Instructions

1. Chop onions, garlic and jalapeno. Heat soup pot over medium, add olive oil, then onions and jalapeno; cook for about 5 minutes, stirring frequently until they begin to soften. Add chopped garlic or garlic powder and stir until fragrant, about 30 seconds.
2. Add the peanut butter to the onion mixture and quickly whisk until melted, Whisk in the broth, brown sugar, ginger, hot sauce or cayenne or chili flakes (if using) salt and pepper and increase the heat to medium high; bring to a simmer and stir occasionally to incorporate the peanut butter.
3. Stir in potatoes, reduce the heat, cover and simmer for 15 minutes or until the potatoes are tender when pierced with a fork. While potatoes cook, remove the stems from the collards. Cut across the leaves into ribbons and then cut the ribbons into bite-sized pieces.
4. Stir in the pumpkin and collard greens, Increase the heat and simmer for an additional 5 minutes, or until heated through.