



## **Caribbean Vegetable Stew**

Colorful and loaded with vitamins, this Caribbean stew reveals its African origins by the addition of yams, okra, and peanuts. It's a flavorful blend of textures that pleases the palate. Try this dish served with slices of crusty bread and a crunchy salad — and maybe a colorful drink with a little umbrella in it.

1 large yellow onion, chopped  
3 Tbs. olive oil  
3 cups chopped cabbage  
1/4 tsp. cayenne  
1 Tbs. fresh ginger root, grated  
1 14-ounce can vegetable broth plus 1 can water  
3 small or 2 large yams, peeled and cut into 1/2-inch cubes  
1 tsp. salt, or to taste  
1 14-ounce can diced tomatoes  
1 10-ounce package frozen, sliced okra  
3 Tbs. fresh lime juice  
2 Tbs. fresh cilantro, chopped  
Chopped peanuts for garnish  
Cilantro sprigs for garnish (optional)

1. In a large stewpot, sauté the onions in olive oil on medium heat for about 5 minutes.
2. Add the next 5 ingredients, including yams. Add water if necessary to cover vegetables. Cover pot and bring to a boil. Reduce heat and simmer on medium-low heat for 6-10 minutes, until yams are barely tender.
3. Add salt, tomatoes, okra, and lime juice. Simmer about 15 minutes, and then stir in cilantro.
4. Transfer the stew into a decorative serving dish, if desired. Sprinkle with chopped peanuts and a few sprigs of cilantro before serving.