



Spinach and Peanut Sauce over Rice

Zainab Ali and her friend submitted this Gambian recipe.

2 Tbs. olive oil
2 onions, chopped
2 garlic cloves, minced or pressed
3/4 green bell pepper
1 6-oz. can tomato paste
1 10-oz. package frozen chopped spinach (or fresh spinach)
2 vegetarian bouillon cubes
1/4 cup peanut butter
Pinch of cayenne pepper
Salt to taste
Rice or couscous or millet
Optional: fried tofu

1. Heat olive oil in medium saucepan. Sauté onion, garlic, and green pepper in the oil until onion is translucent. Scoop out the vegetables and set aside. Add the tomato paste to the saucepan for the process called "burning the paste," which means cooking the tomato paste until it bubbles and is thoroughly cooked.

2. Stir in the onions, peppers, garlic, and spinach. If you're using frozen spinach, no additional liquid is needed. If you're using fresh spinach, add 1/8 cup of water. Add the bouillon cubes. Sauté spinach until cooked.

3. Stir in the peanut butter. Add cayenne and salt to taste. Serve over rice or couscous or millet.

Optional fried tofu: Cut extra firm tofu into cubes. Place millet or corn meal in a bowl; stir in the tofu to lightly coat the cubes. Add approximately 3 Tbs. olive oil or canola oil to a medium skillet. Sauté the tofu until lightly brown; stir into the spinach mixture.