

Ground Nut Stew

No. of people: 50

Onions 4 lbs
Oil ½ cup
Cayenne 2 tsp
Garlic 4 cloves
Cabbage 5 ½ lbs
Sweet Potatoes 9 lbs
Tomato Juice 3 quarts
Apple Juice 1 ½ quarts
Salt 2 Tbsp
Fresh Ginger 4 Tbsp
Fresh Tomatoes 2 quarts
Peas Frozen 4 lbs
Cilantro ¼ cup
Peanut Butter 5 cups

1. Chop onions and garlic. Place oil in pot and saute the onions and garlic with the cayenne.
2. Chop cabbage and cube sweet potatoes and add to the onions and garlic. Saute until sweet potatoes begin to brighten and soften.
3. Mix in the juices, salt, ginger and tomatoes. Cover, bring to boil, then lower temperature and simmer and cook until sweet potatoes are tender.
4. Add the peas and simmer 10 minutes. Stir in cilantro and peanut butter, adding more juice if too thick.