Georgia Pecan Stew: A Savory West African Influenced Stew

Recipe by Edible Garden Chef Anisa Lewis

Ingredients

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1 1⁄2 cups pecan butter
2 sweet potatoes, chopped
2 medium carrots, chopped
4 cups veggie stock, divided
1 medium onion, chopped
1 medium bell pepper, chopped
2 medium tomatoes or 8 oz tomato sauce
1 T fresh ginger, grated
4 medium cloves garlic, minced
1 T dried thyme or two sprigs fresh thyme
1⁄2 tsp freshly ground black pepper
1⁄4 tsp cinnamon
3 T oil (olive, avocado, corn etc)
Half of a lemon, juiced
2 bay leaves
1⁄2 to 1 tsp red pepper flakes (optional)
2 t chili powder
1 lb leafy greens like spinach, kale, or sweet potato greens
1⁄4 cup toasted & chopped pecans for garnish

Method

1. Heat oil in 6 quart sauce pan
2. Sautée onions, peppers until softened

3. Add tomato sauce or diced tomatoes, garlic, ginger and spices & allow to simmer for 5-10
minutes, paying attention to the pot so that it does not burn or stick.
4. Add stock and pecan butter
5. Allow to thicken. Add leafy greens last and cook until they are just wilted.
6. Serve with rice.