

## African Stew

- 1) Heat 2 T oil in large pot then add the following and cook very medium/ medium-high heat until onion and mushroom soften
  - 1 med. onion, chopped
  - 8 oz. white mushrooms, cut into quarters
  - 3 garlic cloves, chopped
  - 1 t. gr. cumin
  - ½ t. gr. cinnamon
  - ½ t. turmeric
  - ½ t gr. coriander
  - ½ t. gr. ginger
  - ¼ t. cayenne
  - 1/8 t. gr. cloves
  
- 2) Add the following and simmer, covered, about 15 minutes
  - 6 cups vegetable stock or broth
  - 1 15 oz. can petit diced tomatoes, or about 2 cups chopped tomatoes
  - 1 sweet potato, cut into small cubes
  - 2 carrots, cut into small cubes or sliced
  - 1 smallish butternut squash cut into small cubes
  - 1 15 oz. can chickpeas
  
- 3) Add the following and simmer, covered, until vegetables are cooked to your likeness. I always undercook a bit because the carry-over heat cooks them more while they cool.
  - 8 oz. fresh or frozen green beans, cut into about 1 ½ inch pieces
  - 1 or 2 zucchini, cut into small cubes

Serve over cooked couscous, millet, or rice.