

Warm Up All Over Stew

Ingredients:

2 tablespoons canola oil
2 large onions, chopped
6 garlic cloves, chopped fine
1/2 lb shredded cabbage
1/2 cup dry white wine
1 jalapeno, chopped fine
1/4 teaspoon red pepper flakes
1 tablespoon fresh ginger, grated
2 cup water
1 lb sweet potatoes, peeled and cubed
2 cups tomatoes, chopped
2 cups frozen okra
1 teaspoon salt
Pepper to taste
2 tablespoons lime juice
1/4 cup cilantro, chopped
1/2 dry roasted peanuts, chopped

Preparation:

Heat the oil in a Dutch oven over medium high heat.
Place the onion and garlic in the oil and sauté for 2 minutes.
Add the cabbage and jalapeno pepper.
Stir in the wine slowly.
Sprinkle in the red pepper flakes and the ginger.
Stir well to combine.
Simmer 8 minutes stirring often.
Add the water and bring to a rapid boil.
Place the sweet potatoes in the boiling water carefully.
Reduce heat to low.
Partially cover the pan with a lid.
Cook 12 minutes.
Stir in the tomatoes and the okra.
Add the salt and pepper.
Gently stir in the lime juice.
Continue cooking 18 minutes or until the vegetables are as tender as you like.
Remove from heat.
Stir in the cilantro.
Sprinkle with the peanuts after serving.