

# African Pineapple Peanut Stew

from Jen Stenerson and Melissa Boyle

Yield: 4 servings

West African-inspired, this is a rich and very fresh-tasting stew, eclectic and surprising in its combination of ingredients. If you have a few extra leaves of kale, put them in; this stew can absorb lots of greens. Serve on rice, millet, or couscous, topped with crushed peanuts and chopped scallions.

## INGREDIENTS

1 cup chopped onions  
2 garlic cloves, minced or pressed  
1 Tbsp. vegetable oil  
1 bunch kale or Swiss chard (4 cups sliced)  
2 cups undrained canned crushed pineapple (20-oz. can)  
½ cup peanut butter  
1 Tbsp. Tabasco or other hot pepper sauce  
¼ cup chopped fresh cilantro  
salt to taste  
crushed skinless peanuts  
chopped scallions

## DIRECTIONS

In a covered saucepan, sauté the onions and garlic in the oil for about 10 minutes, stirring frequently, until the onions are lightly browned. While the onions sauté, wash the kale or Swiss chard. Remove and discard the large stems and any blemished leaves. Stack the leaves on a cutting surface and slice crosswise into one-inch-thick slices.

Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale or chard, cover, and simmer for about 5 minutes, stirring a couple of times, until just tender. Mix in the peanut butter, Tabasco, and cilantro and simmer for 5 minutes. Add salt to taste, and serve.