

# Afro Caribbean Stew

This recipe was created by member worker Liz Black when charged to come up with a different way to use *Whole in the Wall's Sundried Tomato Pesto*, one of our locally produced favorites from Binghampton, NY. Hope you enjoy!

4	organic garnet yams, cut in to 1/2 in. chunks
1	5.5 oz. container <u>Whole in the Wall</u> sundried tomato pesto
1	28.2 oz. can whole tomatoes
1 cup	green beans (fresh or frozen), 1 in. cut
3/4 cup	organic peanut butter
4	organic carrots, 1/2 in. cut
1/2 t.	cayenne
1/2 t.	black pepper
1 t.	powdered ginger
1 t.	salt

Steam yams and carrots with 1/2 cup water. After 10 minutes or so add ginger, salt, pepper, and green beans. When veggies are tender add canned tomatoes and pesto. Cook for 15 minutes, then add 1/2 cup of water and peanut butter, stirring until dissolved. Cook for 20 minutes.

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# Shopping List

## Afro Carribean Stew

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
organic garnet yams,	4	_____
<u>Whole in the Wall</u> sundried tomato pesto	1	_____
1 28.2 oz. can whole tomatoes	1	_____
green beans (fresh or frozen), 1 in. cut	1 cup	_____
organic peanut butter	3/4 cup	_____
organic carrots, 1/2 in. cut	4	_____
cayenne	1/2 t.	_____
black pepper	1/2 t.	_____
powdered ginger	1 t.	_____
salt	1 t.	_____

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green beans (fresh or frozen), 1 in. cut	1 cup	_____
organic peanut butter	3/4 cup	_____
organic carrots, 1/2 in. cut	4	_____
cayenne	1/2 t.	_____
black pepper	1/2 t.	_____
powdered ginger	1 t.	_____
salt	1 t.	_____

## Honest Weight Food Co-op

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