

Haitian Legume (vegetable stew)



Ingredients

- ❖ 1 small onion, chopped
- ❖ 2 carrots, sliced
- ❖ 3 chayote, peeled and chopped (remove the seeded center)
- ❖ 2 eggplant, peeled and chopped
- ❖ ½ chopped cabbage
- ❖ 5 oz fresh spinach
- ❖ ½ green bell pepper, chopped
- ❖ 4 garlic cloves
- ❖ 1 bundle Thyme
- ❖ ½ cup tomato sauce
- ❖ 1 cup water

Heat the oil in a large pot and sauté half of the chopped onions, bell pepper and garlic cloves over medium heat until slightly brown. Next add one of water to this pot.

Then add the chopped chayote, eggplant, cabbage to the same pot, bring to a boil until vegetables are soft and tender. Smash the vegetables with a potato smasher or a large fork, until it looks a chunky paste while in the pot.

Reduce the heat add the carrots, spinach, thyme, tomato sauce, remaining onions, bell peppers garlic cloves. Finally, simmer the legume 10-15 minutes or until soft. Season and mix the legume to your taste.

The legume is very versatile, you can add your favorite meat, zucchini, string beans and pair with brown rice. Viola!!!!

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