

# African Pineapple Peanut Stew

From – *Moosewood Restaurant Cooks at Home*

1 cup chopped onions  
2 garlic cloves, minced  
1 Tbsp vegetable or olive oil  
1 bunch chard  
2 cups undrained canned crushed pineapple  
½ cup peanut butter  
1 Tbsp Tabasco or hot pepper sauce  
½ cup cilantro  
salt  
couscous

- Saute onions and garlic in a saucepan in oil for 10 minutes until lightly browned.
- Slice greens into 1” thick slices.
- Add pineapple and its juice to onions and bring to a simmer.
- Stir in greens and simmer for 5 more minutes.
- Mix in peanut butter, Tabasco, cilantro and salt and simmer for 5 more minutes.
- Serve over couscous.



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