

Caribbean Stew

From – *Moosewood Restaurant Low-Fat Favorites*

1 large onion, chopped (about 2 cups)
½ tsp salt
2 tsp vegetable oil
½ tsp dried thyme
½ tsp ground allspice
1 minced fresh chile, seeds removed for a milder “hot”
1 large sweet potato, cut into medium chunks (about 2 cups)
2 cups water or vegetable stock
2 small zucchini, cut into 1” chunks (about 2 cups)
1 ½ cups undrained canned tomatoes, coarsely chopped
4 cups loosely packed shredded kale
1 tbs fresh lemon or lime juice
2 to 5 tbs finely chopped fresh cilantro
salt to taste

- Sprinkle the onions with the salt.
- In a covered soup pot, saute` the onions in the oil for about 7 minutes, stirring occasionally.
- Add the thyme, allspice and chile and continue to cook for another 1 or 2 minutes.
- Stir in the sweet potatoes and the water or stock and simmer, covered, for about 5 minutes
- Add the zucchini and the tomatoes (with their juice) and simmer 10 to 15 minutes more, until all of the vegetables are barely tender.
- Add the kale and cook another 5 to 10 minutes.
- Stir in the lemon or lime juice, cilantro and salt to taste.



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