



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Creamy Peanut Butter Stew with Crispy Baked Okra (4 servings)

Ingredients

1/2 cup organic no-salt creamy peanut butter
5 tomatoes - from the vine
2 small sweet potatoes - peeled and cubed
1 small yellow onion - diced
5 cloves garlic - minced
1-2 inches ginger - diced
1/4 habanero pepper - minced

1 Tbsp tomato paste
5 cups water, or low sodium vegetable stock
8 collard green leaves - ribs removed; then rolled and cut into thin ribbons
2-4 tablespoons amino acid
1/2 lemon lemon - juiced
Salt / Pepper to taste

Preparation

- Heat the oven to 450 degrees.
- Line a sheet pan with parchment paper, add the tomatoes. Drizzle generously with olive oil and season with salt and fresh cracked pepper.
- Place in the oven on the middle rack and roast until the tomatoes blister. Remove from the oven and allow to cool. Peel the outer skin off the tomatoes, and set aside.
- On a separate sheet pan, spread out the cubed sweet potatoes, drizzle with olive oil and roast on the upper rack of oven until tender and slightly charred on the edges, about 25-30 minutes.
- In a large pot, heat 2 tablespoons of olive oil over medium heat. Add the onions and garlic and sauté until tender, about 3 minutes. Add the minced ginger and diced habanero pepper and cook for another 2 minutes until fragrant. Add the tomato paste, the roasted tomatoes - breaking them up with the back of your spoon - adding salt and pepper to taste. Add the water/veggie stock, and cook on medium heat for 25 minutes.
- Add the amino acid and lemon juice and begin to fold in the thinly sliced collard greens, cooking another 15-20 minutes, until the collards are tender. *(continued)*



- Stir in the peanut butter and mix until well incorporated. Remove the majority of the collards, setting them aside in a small bowl. This will allow the stew to stay bright orange once it has been blended.
- Gently toss in half the roasted sweet potatoes, reserving the remaining for topping. Ladle the mixture into a blender, leaving 1-2 cups still in the pot. Blend until smooth and pour back into the pot along with the rest of the unblended stock, creating a semi-chunky stew. Add the collards back into the pot, stir, bring to a simmer, and serve with the garnishes.
- Garnish with the crispy okra* (*see recipe below*), roasted lightly salted peanuts, parsley, and the reserved roasted sweet potatoes.

Crispy Oven-Baked Okra

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|---------------------------------------|------------------------|
| 10 fresh okra pods | 1/4 tsp smoked paprika |
| 2 flax eggs (<i>vegan dredging</i>) | 2 tsps garlic powder |
| 1 Tbsp mild hot sauce | 2 tsps onion powder |
| 1 cup brown rice flour | Salt / Pepper to taste |

Preparation

- Heat the oven to 350 degrees.
- In a bowl, whisk the eggs and hot sauce together. (*If using an alternative mixture for coating the okra, prepare it and set it aside.*)
- In a separate bowl, combine the brown rice flour, smoked paprika, garlic powder, onion powder, salt and pepper.
- Dip the okra into the egg mixture, drain and then dip it into the flour mixture, coating each pod completely. Repeat the process a second time - this way the okra has a double layer of crunch. Continue until all the okra is double coated.
- Line a baking sheet with parchment paper, place the okra on the sheet and drizzle with olive oil. Bake for 30-35 minutes, or until brown and crunchy.

This recipe was prepared on Episode 6 of the video podcast "Dishing with Patricia."
