

Greens with Peanut

- * 1 Tbsp extra virgin coconut oil, or other cooking oil
- * 1/2 onion, chopped
- * 1 clove garlic, minced
- * small piece of ginger, minced
- * 1 jalapeño, minced (optional)
- * 1 heaping teaspoon ground cumin
- * 1/8 teaspoon ground cinnamon
- * 1/2 teaspoon salt
- * 1 yam chopped

- * 3 red new potatoes, chopped (or omit potato and use extra yam)
- * 1 cup water
- * 1 heaping tbsp peanut butter
- * several cups chopped greens (cabbage, chard, kale, spinach, collards would all work well)
- * 2 cups cooked black-eyed peas with cooking liquid (chickpeas or white beans would be a fine substitution)
- * juice of 1/2 lime
- * garnish: chopped scallions, chopped cilantro

Heat the oil in a heavy bottomed pot. Add onions and cook at least 5 minutes until starting to brown. Add garlic, ginger, jalapeño, and spices and continue to fry another minute or two. Add the chopped yam/potatoes and water and cook with lid on for approximately 15 minutes, until they start to become tender. Add the peanut butter, greens, and beans with liquid. Replace the lid and cook until greens are tender, approx. 5 minutes depending on the type of greens used. Squeeze lime into dish and serve with a grain such as millet, quinoa, or rice. Sprinkle scallions and/or cilantro on top if using.

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