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.

For more recipes visit us at
www.HealthyHarvestFarmCSA.com