



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### **African Pineapple Peanut Stew** (adapted from Moosewood Restaurant Cooks at Home)

4 servings

I used natural peanut butter, which worked great. Also, I only had Frank's hot sauce, which isn't as spicy as some, and I would have loved a little more heat. I think a pinch of cayenne added with the garlic would be great too.

1 tablespoon vegetable oil  
1 small onion, diced  
salt  
2 garlic cloves, minced  
1 bunch kale or Swiss chard, large stems discarded, leaves chopped coarse  
1 (20-ounce) can crushed pineapple, undrained  
½ cup peanut butter  
1 tablespoon Tabasco or other hot pepper sauce  
½ cup chopped fresh cilantro  
¼ cup peanuts, chopped  
1 scallion, sliced

1. Heat the oil in a 5-quart Dutch oven over medium heat. Add the onion and a pinch of salt and sauté, stirring occasionally, until just browned at the edges, about 8 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds.

2. Add pineapple to the pot and bring to a simmer; add the greens, cover, and simmer for about 5 minutes, stirring occasionally, until just tender. Stir in the peanut butter and hot sauce and simmer for another 5 minutes, until the flavors are blended. Stir in the cilantro just before serving and add salt if necessary. Garnish each serving with the peanuts and scallions.