

Sweet potato & chickpea stew

Ingredients:

- *1/3 cup water*
- *1 onion chopped*
- *2tspns minced fresh ginger*
- *1 clove garlic minced*
- *1 ½ tspns ground cinnamon*
- *1 tspn paprika*
- *1 tspn coriander*
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- *2 large or 3 small sweet potatoes (kumara) peeled and cut into 3cm cubes*
- *2 X 425g cans diced tomatoes*
- *3 ½ cups cooked chick peas, or 2 x 425g cans chick peas*
- *1 cup green beans cut into 3cm pieces*
- *1 ½ cups water, chickpea cooking liquid or vegetable cooking liquid*
- *¼ cup natural peanut butter*
- *¼ cup fresh coriander*
- *1 zucchini cubed*
- *3 cups finely shredded cabbage*



Method:

1. *Place the water, onion and garlic in a large saucepan. Cook stirring occasionally for 5 minutes*
2. *Add cumin cinnamon, paprika and coriander. Cook for 1 minute stirring constantly.*
3. *Add sweet potatoes, tomatoes, chick peas, green beans, vegetable broth and peanut butter. Bring to the boil, reduce heat and simmer covered for 10 mins, until sweet potatoes are tender.*
4. *Stir in fresh coriander and let rest for 2 minutes.*
5. *Serve over cooked brown rice or quinoa*