

HAITIAN VEGETABLE STEW

Makes 6 servings



Seasoning:

- 4 scallions, chopped
- 6 sprigs parsley
- 4 sprigs fresh thyme, stems removed
- 3 garlic cloves, minced
- 1 jalapeno pepper, seeded and chopped
- 1 t salt

Vegetable Stew:

- 1 T fair trade olive oil
- 1 small onion, chopped
- 2 carrots, sliced
- 1 chayote squash, peeled and chopped
- 1 small eggplant, peeled and chopped
- 3 c cabbage, chopped
- 1 15-oz can of coconut milk
- 4 c water or vegetable broth (or more, as needed)
- 1 large tomato, chopped
- Salt to taste

For the seasoning, mix first 6 ingredients in a food processor and set aside. Sauté onions, carrots, squash, eggplant and cabbage in oil in large pan for 3 to 4 minutes. Add coconut milk and 3 cups broth. Bring to a boil, reduce heat and simmer 10 minutes, or until soft. Add tomatoes and continue to simmer. Add more broth if the mixture appears too dry. Add seasoning to simmering vegetables and cook one minute. Mash vegetables with a large fork. Season with salt, to taste.