

Caribbean-style Stew

Serves 6



Ingredients:

For the sofrito:

- 1 large green bell pepper, minced
- 1 small onion, minced
- 4 garlic cloves, minced
- 1 cup fresh cilantro leaves, chopped
- 1 small red chili pepper, such as habanero, minced
- 1 Tablespoon olive oil
- 2 teaspoons adobo seasoning mix

For the stew:

- 1 Tablespoon olive oil
- 1 large green bell pepper, medium diced
- 1 large onion, medium diced
- 1 sweet potato, medium diced
- 2 Tablespoons tomato paste
- 1 (28-ounce) can fire-roasted crushed tomatoes
- 2 (15-ounce) cans low-sodium kidney beans, drained and rinsed
- ¼ teaspoon salt
- 2 teaspoons cider vinegar

For the adobo seasoning:

- 1 ¼ teaspoons paprika
- 1 teaspoon oregano
- ¾ teaspoon black pepper
- ¾ teaspoon onion powder
- ¾ teaspoon garlic powder
- ½ teaspoon cumin
- ¼ teaspoon chili powder
- ¼ teaspoon cayenne
- ¼ teaspoon salt

Instructions:

1. For the sofrito, in a small mixing bowl combine bell pepper, onion, garlic, cilantro, chili peppers olive oil and adobo seasoning and let the mixture sit while preparing the stew ingredients.
2. For the stew, heat olive oil in a large skillet or saucepan over medium-high heat. Add sofrito mixture and sauté for 3-5 minutes, stirring frequently until everything softens and becomes very fragrant.
3. Add bell pepper, onion, and sweet potato to the skillet with sofrito and sauté for an additional 8 minutes.
4. Stir in the tomato paste as it melts into the other ingredients. Add crushed tomatoes and beans.
5. Cover, reduce heat to medium-low and simmer about 20 minutes until the potatoes are tender and the liquid is thickened. Season with salt and vinegar. Serve over coconut rice.

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Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	315.9	
	% Daily Value*	
Total Fat	6.4 g	8 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	111.9 mg	5 %
Total Carbohydrate	49.8 g	18 %
Dietary Fiber	12.7 g	45 %
Total Sugars	15.1 g	
Added Sugars	0 g	0 %
Protein	15.4 g	
Vitamin D	0 mcg	0 %
Calcium	155.8 mg	12 %
Iron	4.6 mg	25 %
Potassium	1133.8 mg	24 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>