

Pineapple Peanut Stew

Ingredients:

- Kale or Chard, 1 bunch
- Onion, 1 medium, chopped
- Garlic, 2 cloves, minced or pressed
- Vegetable oil, 1 tablespoon
- Crushed pineapple, 1 20-ounce can, undrained
- Peanut butter, ½ cup
- Hot sauce, 1 tablespoon
- Salt, to taste
- Optional: fresh cilantro, ½ cup

Method:

- Clean greens, remove stems and shred to bite-sized pieces.
- In a covered saucepan, sauté the onions and garlic in the oil for ten minutes, stirring frequently, until the onions are lightly browned.
- Add the pineapple and its juice to the onions and garlic and bring to a simmer. Stir in the kale or chard, cover, and simmer for five minutes, stirring occasionally.
- Mix in the peanut butter and hot sauce (and optional cilantro) and simmer for five minutes. Add salt to taste.

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