



A Recipe from the

Jamaican Black Bean Stew
Courtesy of How Stuff Works

INGREDIENTS

- 2 cups brown rice
- 2 pounds sweet potatoes
- 3 pounds butternut squash
- 1 large onion, coarsely chopped
- 1 can (about 14 ounces) vegetable broth
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1-1/2 teaspoons ground allspice
- 1/2 teaspoon ground red pepper
- 1/4 teaspoon salt
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1/2 cup raisins
- 3 tablespoons fresh lime juice
- 1 cup diced tomato
- 1 cup diced peeled cucumber

PREPARATION:

Prepare rice according to package directions. Peel sweet potatoes; cut into 3/4-inch chunks to measure 4 cups. Peel squash; remove seeds. Cut flesh into 3/4-inch cubes to measure 5 cups.

Combine potatoes, squash, onion, broth, garlic, curry powder, allspice, pepper and salt in Dutch oven. Bring to a boil; reduce heat to low.

Simmer, covered, 5 minutes. Add beans and raisins. Simmer 5 minutes or just until sweet potatoes and squash are tender and beans are hot.

Remove from heat; stir in lime juice.

Serve stew over brown rice and top with tomato and cucumber.

Takoma Park Farmers Market