



INGREDIENTS

- 1½ Tablespoons Olive Oil
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 2 Cups Cabbage (shredded)
- 2 Cups Sweet Potato (peeled and cut into ½-inch cubes)
- 14½ Ounce Can Diced Tomatoes
- 2 Teaspoons Ginger (grated)
- 3 Cups Water
- 2 Cups Okra or Zucchini (trimmed and sliced)
- ¾ Cup Creamy Peanut Butter
- Salt and Pepper (to taste)
- Red Pepper Flakes (to taste)
- Peanuts (chopped; for topping)
- Scallion (sliced; for topping)

DIRECTIONS

1. Heat the oil in a soup pot. Add the onion and garlic and sauté over medium heat until the onion is golden.
2. Add the cabbage, sweet potatoes, tomatoes, ginger and water. Bring to a slow boil, then lower the heat and simmer gently with the cover slightly open until the sweet potatoes are nearly tender, about 15 minutes.
3. Add the okra or zucchini. Stir in the peanut butter, a little at a time, until it blends into the broth. Stir in the red pepper flakes, then simmer gently, covered, for 10 minutes longer, or until all the vegetables are tender. Add a bit more water, if needed.
4. Season with salt and pepper.
5. Serve immediately with optional toppings.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

11 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ¾ Cup