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Curried Southern Stew

By Donna Green Goodman, MPH

Ingredients

- Olive Oil
- 1 cup veggie ham, diced
- 1 medium red onion, diced
- 1 medium sweet potato, peeled and diced
- 1 medium Yukon gold potato, peeled and diced
- 12-15 turnip green leaves, washed and cut into thin strips
- 1 can black-eyed peas
- 1-2 tablespoons curry powder
- 2 cups water
- 1 can coconut milk
- 1 small piece of ginger, cut into strips
- 1/2 red bell pepper, diced
- Garlic Powder, Salt to taste. Dash of optional sugar.

Instructions

1. Pour a small amount of olive oil into a large pot.
2. Add veggie ham and brown.
3. Stir in onion and potatoes.
4. Stir and simmer for a few minutes.
5. Add turnip leaves, black-eyed peas, and curry powder. stirring them into other ingredients.
6. Add water, coconut milk and ginger.
7. Bring to boil, lower heat and simmer till potatoes are almost done.
8. Add bell pepper and other seasonings.
9. Adjust to taste. If too thick, add more water, slowly, to achieve desired consistency.

Bonus Tips

Serve with homemade cornbread, rolls, or drop in some dumplings!!
YUM!!!