

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

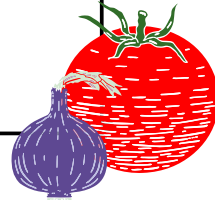
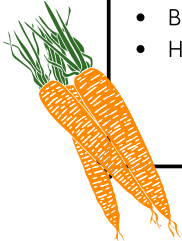
### Stewed Eggplant, Tomato and Spinach

#### Ingredient List

- 2 Sweet potatoes, cubed
- 1 Eggplant, cubed
- 1 Head of garlic, peeled (or 2-3 tsp garlic powder, adjust for preference)
- 6 Tablespoons olive oil, separated
- 1 Teaspoon salt
- 1 Tablespoon tomato paste
- 1 Can whole, peeled tomatoes (or roughly chop 3-4 fresh tomatoes)
- 2 Cups chopped greens (Kale and spinach)
- 1 Teaspoon Italian seasoning or dried oregano
- Black pepper to taste
- Hot sauce (optional, to taste)

#### Cooking Instructions

1. Heat oven to 450. In a large pan, mix potato and eggplant, 3 Tbsp oil and sprinkle of salt. Roast in heated oven for 45 minutes, turning the vegetables halfway through roasting time.
2. While vegetables are roasting, in a large pan, heat 3 Tbsp olive oil over medium heat. When hot, add onions and sauté until edges begin to brown.
3. Add tomato paste, cook for one minute.
4. Add tomatoes and add to pot. You may need to add a bit of water or vegetable stock here. Add Italian seasoning, bring to simmer and lower heat as much as possible. Cover pot, and cook while vegetables finish roasting.
5. When the potatoes/eggplant are done (easily pierced with a fork, with browned edges). Add with the greens and simmer until the greens wilt (about 5 minutes).
6. Season with salt & pepper, to taste and add hot sauce (if using).



### West African Peanut Stew (Domoda)

#### Ingredient List

- 1 Tablespoon olive oil
- 4 Cloves garlic, minced
- 1 Tablespoon ginger, grated
- 1 Sweet potato, peeled and diced into 1/2 inch cubes
- 1 Medium onion, diced
- 1 Teaspoon cumin
- 1/4 Teaspoon crushed red pepper
- 1 6 Ounce can tomato paste
- 1/2 Cup peanut butter
- 6 Cups vegetable broth
- 4-6 Cups kale, stem removed and cut into 1/2 wide strips
- Cooked rice (optional)
- Peanuts, cilantro and sriracha for garnish (optional)

#### Cooking Instructions

1. Sauté garlic, ginger, and onion in a large pot with the olive oil over medium heat for 2-3 minutes, or until the onion becomes soft and translucent.
2. Add the sweet potato cubes, cumin, and red pepper to the pot and continue to sauté for about 5 minutes.
3. Add the tomato paste, peanut butter, and vegetable broth. Stir until the peanut butter and tomato paste have mostly dissolved into the broth. Place a lid on the pot and turn the heat up to high and allow the stew to come up to a boil. Once it reaches a boil, turn the heat down to medium-low and allow it to simmer for 15-20 minutes, or until the sweet potatoes are very soft.
4. Stir in the kale. Let the stew simmer for about 5 minutes more, then begin to smash the sweet potatoes against the side of the pot to help thicken the stew.
5. Finally, taste the stew and add salt and red pepper. Serve stew over a scoop of cooked rice, with a garnish of a few chopped peanuts, fresh cilantro, and a drizzle of sriracha, if desired.

What are some of your favorite ways to prepare the food in this week's bag?

Email Taylor at [taylor@feedinglaramievalley.org](mailto:taylor@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/shares-recipes](http://www.feedinglaramievalley.org/shares-recipes)