

Caribbean Vegetable Stew

- 1 Large sweet onion, chopped
- 1 Red or green bell pepper, chopped
- 3 Cups peeled & chunked sweet potatoes, **or**
1 bag of frozen sweet potato chunks for roasting
- 1 15 ounce can tomato sauce
- 1 15 ounce can diced tomatoes (with jalapenos, optional)
- 1 20 ounce can pineapple chunks with juice, not syrup
- 2 Large green apples chunked (unpeeled)
- 1 4 ounce can chopped green chilies
- 1 Cup vegetable broth
- 1 15 ounce can pinto beans, drained and rinsed
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can red beans (or kidney), drained and rinsed
- 2 tablespoons brown sugar (optional)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground oregano
- ¼ teaspoon cinnamon

Saute onion and bell pepper in 2 tablespoons of olive oil (or cook for about 5 minutes in the vegetable broth to avoid using oil). Add sweet potatoes, tomato sauce, tomatoes, pineapple, apples, chillies and vegetable broth (if not already used). Bring to a boil, reduce heat, cover and cook over low heat for 45 minutes, stirring occasionally. Add beans and seasonings, mix well and continue to cook over low heat for another 10 minutes, stirring occasionally. Serve over brown rice or other whole grains (optional). To reduce the cooking time to 10-15 minutes, cook the sweet potatoes in a microwave before adding.