

David's Rainbow Peppers

- 2 Tbsp of coconut oil
- 1 Tsp No Salt or sea salt
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Green Pepper (or Orange)
- 1 11 oz can of Mandarin orange slices
- 1 Can of diced tomatoes
- 1 Can of black beans
- 1/2 Pound of roasted chicken breast pieces or boiled shrimp (optional)
- 1/2 14 oz can of coconut cream or coconut milk
- 1/2 Cup golden raisins
- 1/2 Cup chopped prunes
- 1/2 Cup lightly salted baby cashews
- 1/2 Cup shredded coconut
- 1/2 Tsp Garam Masala
- 1/4 Tsp Summer Savory
- 1/4 Tsp leaf Marjoram
- 1/2 Tsp grated orange peel

Slice chicken in thin strips cross wise and then cut the strips in half. Cut peppers into strips and half the strips. Saute the peppers in coconut oil. While cooking peppers add salt, summer savory, orange peel and Marjoram. Saute until peppers begin to soften. Add the drained can of diced tomatoes and mix ingredients. Add the can of black beans, drained and rinsed, and mix ingredients. Add the prunes, raisins and cashews and mix ingredients. Let simmer for a few minutes and mix in chicken or shrimp. Let simmer a few minutes and mix in the orange slices and shredded coconut. Add Garam Masala to the coconut milk and mix. Add coconut milk and mix ingredients. Let the mixture simmer for a few minutes. Serve as is or (optionally) over brown or white Basmati rice.