

African Vegetable Stew

1 large bunch Swiss Chard	2 yams
1 large onion	1 – 28 oz can whole, peeled tomatoes*
1 clove garlic	1 tsp salt
2 Tbl olive oil	1 tsp black pepper
1 – 15 oz can chickpeas, drained & rinsed	1 / 2 cup raw rice
1 / 2 cup raisins	Tabasco sauce

*OR 3 large fresh tomatoes

1. Peel and slice the yams into 1 / 2 inch slabs.
2. Wash and destem the Swiss chard. Chop the stems into small pieces and the leaves into bite size pieces.
3. Sauté the chard stems, onion and garlic in the oil until the chard stems are limp.
4. Add the chopped chard leaves and cook a few minutes longer.
5. Add the chickpeas, raisins, yams tomatoes, salt and pepper and cook a few minutes longer.
6. Make a hole in the center for the chard mixture, place the rice in the hole, pat it down until it's wet, cover and cook on medium until the rice is done ~ 25 minutes.
7. Season with Tabasco sauce to taste and serve.

Serves 4

From Liz Andress via *Mother Rising*

NOTES

To double this recipe, use 2 pans. The rice does not cook when recipe is doubled in one pan.