
West African Peanut Soup with Red Quinoa

1 tbsp canola oil
3 shallots
2 cloves garlic
1 tbsp curry powder
1 tbsp minced fresh ginger
1/4 tsp red pepper flakes
3 cups peeled and diced sweet potatoes
(about 2 medium)

4 cups vegetable broth
1 can diced tomatoes
1/3 red quinoa, rinsed and drained
1/2 cup crunchy natural peanut butter
juice of 1 small lime
2 tsp freshly ground pepper
1/4 cup finely chopped fresh cilantro for garnish
1/4 cup unsalted roasted peanuts for garnish

Directions

1

In large pot, heat the oil over medium heat. Add shallots and cook, stirring often, for 5 minutes, or until golden brown. Add garlic, curry powder, ginger and red pepper flakes. Stir while cooking for another two minutes.

2

Stir in the sweet potatoes until they are coated in spices. Stir in the broth, tomatoes, quinoa, and peanut butter. Bring to a boil. Reduce heat to medium-low. Cover and partially simmer, stirring occasionally, for 20 minutes, or until the potatoes and quinoa are tender.

3

Add the lime juice. Season with pepper to taste. Puree half the soup so there is a mixture of both smooth and chunky.

4

Ladle into deep bowls and garnish with cilantro and peanuts.

*Find this recipe, and others like it, in *The Vegetarian's Complete Quinoa Cookbook*.*



Ethiopian Cabbage Dish

1/2 cup olive oil
4 carrots, thinly sliced
1 onion, thinly sliced
1 teaspoon sea salt
1/2 teaspoon ground black pepper

1/2 teaspoon ground cumin
1/4 teaspoon ground turmeric
1/2 head cabbage, shredded
5 potatoes, peeled and cut into 1-inch cube

Directions

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.



Cameroonian Fried Spinach

1 (10 ounce) package baby spinach, rinsed
1 cup fresh shiitake mushrooms, stemmed and quartered

1 medium onion, coarsely chopped
1 tablespoon olive oil
garlic powder to taste

Directions

Heat the olive oil in a wok, or large frying pan over medium-high heat. Add the mushrooms and onion, and saute until they are about halfway done. Add the spinach, and liberally sprinkle with garlic powder. Fry until the spinach has wilted, about 5 to 7 minutes.



African Style Oxtail Stew

1 cup chopped celery
1 teaspoon minced garlic
1 (6 ounce) can tomato paste
2 cubes beef bouillon
10 cups water
6 whole black peppercorns
2 bay leaves

1/4 cup canola oil
3 pounds beef oxtail, cut into pieces
1 large onion, chopped
salt and pepper to taste
1 (12 ounce) can kidney beans, drained
1/4 cup cornstarch dissolved in 1/2 cup water

Directions

1

Place celery, garlic, tomato paste, bouillon cubes, and water into a large Dutch oven; stir until the tomato paste has dissolved. Add peppercorns and bay leaves, place over medium heat and bring to a simmer.

2

Meanwhile, heat oil in a large skillet over medium-high heat. Add oxtail and cook until browned on all sides, about 10 minutes. Remove oxtail from hot oil and place into Dutch oven. Pour out all but 1 tablespoon of oil from the skillet, reduce heat to medium, and cook the onion until softened and translucent, about 5 minutes; add to oxtail.

3

Reduce heat to medium-low, cover, and simmer for 2 1/2 hours. Season with salt and pepper, recover, and continue to cook until the oxtail is tender, but not falling off of the bone, about 30 minutes.

4

Remove oxtail pieces and place into a serving dish.

5

Add kidney beans to Dutch oven and return to a simmer. Thicken with cornstarch dissolved in water, simmer for 1 minute until thickened and clear. Pour sauce over the oxtail.

Note: Oxtail should be ready when a knife slices easily through the meat. It should not be overcooked otherwise it will fall off the bones and go stringy - and if not cooked long enough it will not come off the bones easily enough. 3 hours cooking is typically perfect.



Lamb Tagine

3 tablespoons olive oil, divided
2 pounds lamb meat, cut into 1 1/2 inch cubes
2 teaspoons paprika
1/4 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon ground cardamom
1 teaspoon kosher salt
1/2 teaspoon ground ginger
1 pinch saffron
3/4 teaspoon garlic powder

3/4 teaspoon ground coriander
2 medium onions, cut into 1-inch cubes
5 carrots, peeled, cut into fourths, then sliced lengthwise into thin strips
3 cloves garlic, minced
1 tablespoon freshly grated ginger
1 lemon, zested
1 (14.5 ounce) can homemade chicken broth or low-sodium canned broth
1 tablespoon sun-dried tomato paste
1 tablespoon honey
1 tablespoon cornstarch (optional)
1 tablespoon water (optional)

Directions

1

Place diced lamb in a bowl, toss with 2 tablespoons of the olive oil, and set aside.

2

In a large resealable bag, toss together the paprika, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt, ginger, saffron, garlic powder, and coriander; mix well. Add the lamb to the bag, and toss around to coat well. Refrigerate at least 8 hours, preferably overnight.

3

Heat 1 tablespoon of olive oil in a large, heavy bottomed pot over medium-high heat. Add 1/3 of the lamb, and brown well. Remove to a plate, and repeat with remaining lamb. Add onions and carrots to the pot and cook for 5 minutes. Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes.

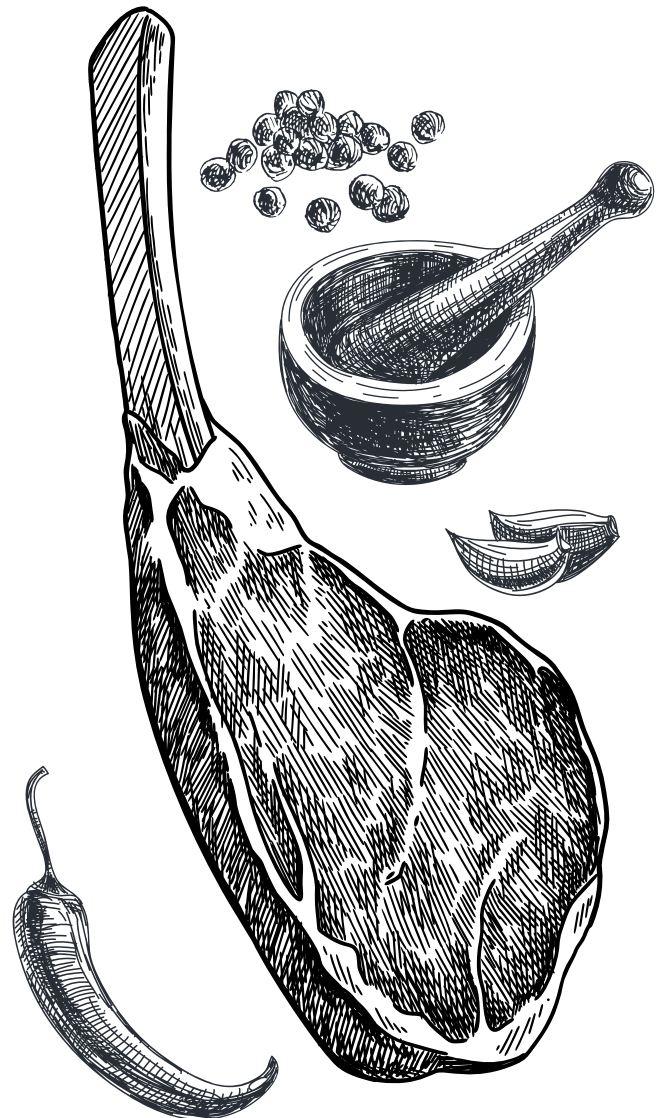
4

Return the lamb to the pot and stir in the lemon zest, chicken broth, tomato paste, and honey.

5

Bring to a boil, then reduce heat to low, cover, and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is tender.

Note: If the consistency of the tagine is too thin, you may thicken it with a mixture of cornstarch and water during the last 5 minutes.



Ghanaian Red Red

(Red kidney beans with plantains)

Ingredients

3 cups prepared red kidney beans (2 cans)
2 Tbsp red palm oil
1 onion, sliced
1 plantain, sliced
salt
1 tsp chili powder
2 cups water

Directions

1

Heat oil over medium heat, cook onion

2

Add beans, plantains, salt, and chili pepper.
Cook for a minute.

3

Add water and simmer until plantains are
cooked and about a 1/2 cup of liquid is left
in the pan – 30 - 45 min.

