

# Asian Kale Stew

Serves 4



## **Ingredients:**

2 tablespoons olive oil  
1 cup onion, chopped  
1 teaspoon garlic, minced (about 2 cloves)  
1 tablespoon sesame seeds  
1 bunch kale (or a 10-ounce bag), washed, stems removed and chopped  
16 ounces Muir Glen fire roasted crushed or diced tomatoes (small can)  
16-19 ounces canned garbanzo beans, drained  
1 tablespoon soy sauce  
1 tablespoon peanut butter (best if not “all natural” so it will mix in well)  
1 teaspoon hot sauce, or to taste (optional)  
Salt and pepper, to taste

## **Directions:**

Heat olive oil in a wide, deep pan and add onions. Cook onions over medium-high heat until they are translucent, about five minutes. Add garlic and sesame seeds and cook five minutes more. Add kale, tomatoes and garbanzo beans. Cook, covered, about 10 minutes. Add soy sauce, peanut butter, hot sauce if desired and salt and pepper to taste. Bring to a boil, then serve; or cook until the kale is done to your taste, adding water if desired for a soupier mixture. Serve over cooked rice for a heartier, all-in-one meal!

(Recipe from Burlington Free Press, circa 2006)