

Palm Nut Stew

INGREDIENTS

1. 2 or 3 pounds stew meat, cut into large bite-size pieces
2. Juice of 1 lemon or 1/2 grapefruit
3. Salt, to taste
4. Minced chili pepper, ground cayenne pepper, or red pepper to taste
5. 2 tablespoons palm oil, peanut oil, or vegetable oil
6. 2 onions, chopped
7. 6 to 8 ripe tomatoes, chopped
8. Greens such as spinach, collards, or kale, washed and cut into pieces (optional)
9. 1 cup palm nut sauce or peanut butter

Method:

1. Mix together the meat, juice, salt, and hot pepper. Allow them to marinate for a half hour or more.
2. Heat the oil in a large pot or Dutch oven. Add the onions and cook for a few minutes.
3. Add the meat and cook until it is browned.
4. Add the tomatoes and a few cups of water. Reduce heat.
5. Add the palm nut sauce or peanut butter. Add greens, if desired.
6. Cover and simmer on low heat until meat is tender, about an hour.