



Total Time
40 MIN.

Serving Size
1 1/3 CUPS (325 ML)

Difficulty
EASY

Rich and velvety, this hearty and nutritious vegetable stew is packed with flavour and texture.

Yields
8

INGREDIENTS

	WEIGHT	MEASURE
canola oil	1/4 cup	60 mL
diced sweet potato (about 1/2-inch dice)	4 cups	1 L
minced garlic	4 tsp	20 mL
minced ginger	4 tsp	20 mL
ground cumin	2 tsp	10 mL
ground coriander	2 tsp	10 mL
paprika	2 tsp	10 mL
1 tsp (5 mL/4 g) hot pepper flakes	1 tsp	5 mL
<i>Campbell's®</i> Signature Vegan Vegetable Soup	1 pouch (4 lb)	1 pouch (1.81 kg)
chopped collard greens	6 cups	1 L
chunky peanut butter	1 cup	250 mL
lemon juice	1/3 cup	80 mL
finely chopped toasted peanuts	1 cup	250 mL
finely chopped cilantro	1/2 cup	125 mL

INSTRUCTIONS

- Heat oil in large rondeau set over medium heat; cook sweet potatoes for about 5 minutes or until slightly softened. Add garlic, ginger, cumin, coriander, paprika and hot pepper flakes. Cook, stirring, for about 5 minutes until fragrant.
- Stir in soup; bring to simmer, stirring often. Stir in collard greens and peanut butter. Cook for 15 to 20 minutes or until sweet potatoes and collard greens are tender and stew is thickened. Stir in lemon juice. Keep warm for service. (Makes 11 cups/2.6 L).
Ladle 1 1/2 cups (345 mL) stew into serving bowl. Top with 2 tbsp (30 mL) peanuts and 1 tbsp (15 mL) cilantro.

Tip

- Can be served with brown rice or quinoa.
- Stew can also be made and reheated to order.
- Substitute kale or spinach for collard greens.

Tips: