

## Sweet Potato and Tender maize stew



A simple, hearty sweet potato and tender maize stew that is full of rich flavor and very easy to make. Like all stews, it is even nicer the next day.

\*\*Time: 25 minutes

\*\*Serves: 3

### Ingredients

- 2 boiled and cubed sweet potato
- 1 cob of maize grains, boiled, 1/2 a cup of coconut milk
- 2 tomatoes, diced
- 1 onion, diced
- Green onion, finely chopped
- 1 teaspoon of cardamom
- 1/2 a tea spoon of black pepper
- 1/2 a teaspoon of ground nutmeg
- 1/2 a teaspoon of dried sage
- 1/2 a teaspoon of mustard seeds
- 1/2 a teaspoon of whole cumin seeds.



- Vegetable oil for frying

### Method

- Put the sage, cumin and mustard seeds in a heated, un-oiled sufuria and toast the for about 2 minutes. It is the same thing we did here.
- Then, add your onions, some vegetable oil, allow them to saute until they become soft.
- Add your grated tomatoes. You can add soysauce/ tomato paste for deeper flavor, whichever you have at hand.
- After about 4 minutes, add your maize and sweet potatoes.
- Then add your, cardamom, nutmeg and black pepper, half of the green onions then mix.
- Serve after 2 minutes and garnish with the remaining green onions.

This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/sweet-potato-tender-maize-stew/>