

North African Gumbo

60 Servings

Recipes from other cultures are very appealing. Children like to learn about food from around the world and it's a great bonus for multi-cultural curriculums. When introducing foods from around the world, we play music from that culture in the cafeteria. Our recipes are all intended to be a protein component. But they can be served as a vegetable component as a way of introducing them to the students the first few times. Children really love the sweet potatoes and spice combination in North African Gumbo. Dark leafy greens such collards and sweet potatoes are both nutritionally dense foods and offer many health benefits.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

- ¼ cup oil
- 1 ½ cups onion, yellow, large, diced medium (NYS farm product)
- 3 #10 cans garbanzo beans, drained **or** 16 cups dry garbanzo beans (32 cups cooked)
- 6 pounds collard greens, defrosted, drained, and chopped (NYS farm product)
- 1 #10 can sweet potatoes, reserve liquid **OR** 2 pounds of sweet potatoes, peeled and small diced (fresh sweet potatoes are preferred)
- ½ #10 can salsa (NYS farm product)
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 1 teaspoon ginger powder
- 1 teaspoon cumin
- 1 teaspoon thyme
- 1 tablespoon salt
- 1 teaspoon pepper, black
- 2 quarts water

Suggested garnish: Chopped scallions, chopped tomato or cilantro. You may use all three if desired. (NYS farm products)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Sauté onions in oil until soft. Do not brown.
2. Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, water and reserved juice from sweet potatoes and combine well. If using fresh sweet potatoes, no additional liquid should be necessary. If the stew is too thick, add 1 cup of water.
3. Simmer covered over medium heat for 30 minutes or until gumbo has thickened. If using fresh sweet potatoes, cook until sweet potatoes are tender.
4. Check frequently to make sure stew is not sticking to the bottom.
5. Adjust seasoning.

Serving Suggestion:

- This is a great item to serve over brown rice
- When you offer rice and a separate vegetable you are providing 3 complete components as well as a vegetarian (vegan) meal. 2 meat/meat alternates, grains, and separate vegetable.
- Collard greens are a perfect choice for this purpose and completes the vegetable component.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving:

$\frac{3}{4}$ cup North African gumbo (two 3 ounce spoodles)

Nutritional Information:

Calories: 357

Total Fat: 7.6g
Saturated Fat: .8g
Trans Fat: 0.0g
Protein: 5.34g
Sodium: 289mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, dark green/orange vegetables, and low fat entrées. If served with whole grain brown rice, will count as whole grain.