

North African Gumbo

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"A recipe that celebrates sweet potatoes, collard greens, and the warming spices of Morocco and Tangiers and translates into a successful vegetarian entrée. Serve over brown rice."

—*Chef Didi, Project Bread's Cookbook Consultant*

- $\frac{3}{8}$ cup olive or vegetable oil
- 2 large yellow onions, diced ($\frac{2}{3}$ pound)
- 45 cups garbanzo beans, drained (about 4 $\frac{1}{3}$ #10 cans)
- 12 $\frac{1}{2}$ cups frozen collard greens—defrosted, drained, and finely chopped stems (about 5 $\frac{1}{2}$ pounds)
- 18 $\frac{3}{4}$ cups peeled sweet potatoes—cut into $\frac{1}{2}$ inch cubes (8 $\frac{1}{4}$ pounds)
- 10 $\frac{3}{4}$ cups recipe 4.10 Nick's Homemade Salsa or canned salsa (about 1 #10 can)
- 2 teaspoons paprika
- 1 $\frac{1}{2}$ teaspoons cinnamon
- 1 $\frac{1}{2}$ teaspoons ginger powder
- 2 teaspoons cumin
- 2 teaspoons dried thyme
- 2 tablespoons salt
- 1 $\frac{1}{2}$ teaspoons black pepper
- 13 $\frac{1}{2}$ cups water

Rice

- 15 $\frac{2}{3}$ cups dry brown rice (6 $\frac{1}{4}$ pounds dry or 50 cups cooked)
- 35 $\frac{1}{2}$ cups water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP GUMBO OVER $\frac{1}{2}$ CUP RICE

Sauté onions until soft. Do not brown.

Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, and water. Combine well.

Cover and simmer over medium heat for 30 minutes or until gumbo has thickened.

Check frequently to make sure stew is not sticking to the bottom.

Adjust seasoning.

NOTE: *Suggested garnish of chopped scallion, chopped tomato, or cilantro (or even all three if desired).*

NUTRITIONAL INFORMATION

CALORIES: 295; SODIUM: 334.98 MG; SATURATED FAT: 1.37%

USDA REQUIREMENTS MET

- 1 OUNCE M/MA ($\frac{1}{4}$ CUP LEGUMES)
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- $\frac{1}{2}$ CUP TOTAL VEGETABLES ($\frac{1}{8}$ CUP LEGUME VEGETABLE, $\frac{1}{8}$ CUP DARK GREEN VEGETABLE, $\frac{1}{8}$ CUP RED OR ORANGE VEGETABLE)