

Vegetarian Pepper Pot

With a combination of regular and sweet potatoes, this dish is loaded with both vitamin A and potassium! This recipe uses a few unique flavors such as thyme, oregano, orange peel, cinnamon, and scotch bonnet pepper. Coconut milk adds a rich creaminess to the dish, while kidney beans and spinach provides protein and iron to our vegetarian meal.

Tip: Keep the scotch bonnet pepper whole while cooking if you want a milder spice level!

Servings: 6-8

Ingredients

1-2 tablespoons oil
1 onions, diced
3 garlic cloves, minced
1 tablespoon fresh ginger minced
1 Scotch bonnet or habanero pepper, minced or whole
2 cinnamon sticks or 1 teaspoon ground cinnamon
2 inch piece, orange peel
2 potatoes, peeled and diced
1 sweet potato, peeled and diced
2 carrots, peeled and diced
2 stalks celery, diced
1 can kidney beans, drained and rinsed
6 sprigs fresh thyme
1 tablespoons oregano (fresh or dried)
4-8 cups vegetable broth or combo of broth and water
Salt and pepper, to taste
1 can unsweetened coconut milk
2 cups spinach, roughly chopped

Preparation

1. In a large pot heat the oil and sauté the onions. Sauté until translucent. Add garlic, ginger and Scotch bonnet (if using whole, you will have a milder spice).
2. When garlic and ginger is fragrant, add carrot, and celery. Sauté until softened, about 5 minutes. Add potatoes and sweet potato.
3. Add herbs, season with salt and pepper and add enough broth/water to cover the vegetables. Bring to a boil then reduce to a simmer and cook until the vegetables are all tender, about 25 minutes.
4. Remove thyme sprigs, orange peel, cinnamon sticks and scotch bonnet (if whole). Add beans and coconut milk. Heat while mixing until hot but not boiling. Wilt in spinach and serve.

Source: <https://www.sylviacenter.org/vegetarian-pepper-pot-recipe-with-chef-shaquay/>