

Snapped Up: Rhubarb & Sweet Potato Stew



Lunch or Dinner - Serves six or more.

It's rhubarb season. What can you do with it besides sweet pies, crisps, and jams? Make stew! The tartness of the rhubarb mellows and seems to magically disappear into this dish leaving only a fresh lemony taste as a counterpoint to the sweet potato. The cumin, turmeric, cardamom, and anise add a level of far-east exotic to the mix.

Freeze the leftovers in pint canning jars (1 cup stew/1 cup rice). If you don't have a microwave, set the jar on its cap and let it simmer in a pan of hot water until warmed. Turn out into a bowl and voila -- rice is on the bottom with the stew on the top.



INGREDIENTS

1 cup **red lentils** (White or brown work as well, split peas may be too mushy, but use them if it's what you have.)

2 Tbsp **coconut oil or butter**

1 Tbsp **mustard seeds**

1 Tbsp **ground cumin**

1 teaspoon **turmeric**

1 teaspoon **cardamom**

1/2 teaspoon **anise**

1/2 teaspoon **cayenne (or other hot pepper)**

1 ½ cups diced **onions**

2 Tbsp **tamari**

5 cloves **garlic**, minced

3 Tbsp **fresh ginger**, minced or 1 teaspoon ginger powder

1 large **sweet potato**, peeled and cut into bite-size pieces

7 stalks **rhubarb**, cut into bite-size pieces (about 2 cups)

5 cups **water**

1 to 2 Tbsp **honey**

Sea salt and freshly ground black pepper

Directions: (One pot meal) Measure/chop/dice all ingredients before you start)

1. Wash lentils well by covering them with water in a large bowl and swishing around until the water is murky. Drain and repeat until water is clear (usually 3 to 4 times). Set aside.

2. Melt the butter or coconut oil *in a large pot* on the stove. Add **mustard seeds, ground cumin, turmeric, cardamom, anise, and cayenne** and stir constantly so that they don't burn.

When the spices smell fragrant, add **onions** and **tamari** and cook for about 5 minutes until the onions have softened. Add the **garlic** and **ginger**. If the mixture is too dry, add a little water to prevent burning.

3. Add **water, rhubarb, lentils, honey** -- cover and simmer until lentils are cooked, about 30 minutes. Salt and pepper to taste.

SERVE over steamed white/brown/black/wild rice or quinoa. Or a Pita bread. Drizzle with Cilantro Oil (below).

Cilantro Oil (optional, but so good) -- **blend 1 cup chopped fresh cilantro. ¼ cup oil, 1 Tbsp lemon juice, 1 tsp honey, pinch of salt**

1 Serving of Rhubarb & Sweet Potato Stew

General			
Energy	417.8	kcal	57%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	198.3	g	7%

Carbohydrates			
Carbs	78.8	g	96%
Fiber	11.1	g	53%
Starch	54.2	g	No Target
Sugars	7.0	g	No Target
Sugar Alcohol	0.2	g	No Target
Net Carbs	67.6	g	111%

Lipids			
Fat	4.7	g	17%
Monounsaturated	1.6	g	No Target
Polvunsaturated	2.0	g	No Target
Omega-3	0.2	g	9%
Omega-6	1.8	g	17%
Saturated	0.8	g	n/a
Trans-Fats	0.0	g	0.020 g
Cholesterol	0.0	mg	No Target
Phytosterol	27.4	mg	No Target

Protein			
Protein	17.6	g	29%
Cystine	0.2	g	34%
Histidine	0.5	g	48%
Isoleucine	0.7	g	55%
Leucine	1.3	g	43%
Lysine	1.1	g	40%
Methionine	0.2	g	33%
Phenylalanine	0.9	g	75%
Threonine	0.6	g	46%
Tryptophan	0.2	g	55%
Tyrosine	0.5	g	43%
Valine	0.9	g	53%

Vitamins			
B1 (Thiamine)	0.6	mg	53%
B2 (Riboflavin)	0.2	mg	22%
B3 (Niacin)	4.7	mg	34%
B5 (Pantothenic Acid)	1.3	mg	25%
B6 (Pyridoxine)	0.6	mg	41%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	127.3	µg	32%
Vitamin A	12322.2	IU	528%
Vitamin C	20.7	mg	28%
Vitamin D	0.0	IU	0%
Vitamin E	0.8	mg	5%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.2	mg	No Target
Vitamin K	11.0	µg	12%

Minerals			
Calcium	122.2	mg	15%
Copper	1.0	mg	106%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	6.2	mg	78%
Magnesium	105.9	mg	33%
Manganese	2.7	mg	149%
Molybdenum	0.0	µg	0%
Phosphorus	343.0	mg	49%
Potassium	946.1	mg	20%
Selenium	9.6	µg	17%
Sodium	39.8	mg	3%
Zinc	3.1	mg	39%

Chart taken from [Cronometer.com](https://cronometer.com)

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity. Percentages are based on what a 150 pound person needs daily.