



---

Posted on 17 October 2012

*by Olga Lobanova*

## Olga's Creole Vegetarian Stew



## Ingredients

4 large potatoes  
250g spinach  
200g okra  
1 large onion - chopped  
1 clove of garlic - chopped  
1 red bell pepper - chopped  
1 red chili - chopped  
2 tbsp olive oil  
3/4 cup coconut milk  
1 cup vegetable stock  
1 tsp garam masala (recipe below)  
1 tsp curry powder  
Juice of 1/2 Lime  
Salt and pepper to taste

**GARAM MASALA**

Mix the ingredients below and store in an air-tight container:

1 1/2 tsp ground cardamom  
1 1/2 tsp ground pepper  
1 tsp ground cinnamon  
1/2 tsp ground cloves

## Preparation

- 1 Chop onions, chilli and garlic, cut bell pepper in small pieces and keep aside.
- 2 Wash and dry spinach, and keep aside.
- 3 Then wash, peel and cut in the potatoes into medium pieces.
- 4 Heat some olive oil in a large pot on medium heat.
- 5 Once hot, lower the heat and fry the onions, chili and garlic for around 3 minutes.
- 6 Toss in the bell pepper and potatoes.

- 7 Stir around for a while.
- 8 Add the coconut milk and stock.
- 9 Allow this to cook for about 10 minutes.
- 10 Then add the okra.
- 11 Let this cool for another 15 minutes.
- 12 Finally add the spinach, lime juice, salt, pepper and the spices.
- 13 Let the soup cook till the potatoes and okras are cooked completely.
- 14 Serve with toasted sliced white or brown bread.

## **Cooks Note**

---