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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 bellpaper 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