



## Brazilian Yucca Stew

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Prep Time: 10-15 min.

Cook Time: 40-50 min.

Yields: 4 servings

## INGREDIENTS:

1 lb	Yucca root
½ tsp	Sea salt
1 can	15-ounce coconut milk
1 cup	Shredded collard greens
1	Lime juice
½	Fresh cilantro bunch
2 tbsp	Extra-virgin olive oil
1	Medium onion, finely diced
3	Garlic cloves, finely chopped
1	Red bell pepper, chopped
1	Green bell pepper, chopped
4	Large tomatoes, diced
½ tsp	Chili paste

## DIRECTIONS

1. Trim yucca and peel with vegetable peeler, removing bark-like exterior as well as the pink layer underneath, leaving only the bright white root.
2. Chop the yucca crosswise into good-sized chunks. Place in large saucepan or medium soup pot, and cover with water.
3. Add ½ tsp. salt and the collard greens and bring to a boil. Leave at a boil for 5 minutes and then reduce heat to simmer for 30 minutes, or until very tender.
4. Drain and return to saucepan; let cool 10 minutes.
5. Use finger to break yucca into smaller chunks and remove any tough, fibrous strings.
6. Add coconut milk and purée with immersion blender or in a food processor. Return to pot and set aside.
7. In a large sauté pan, heat the olive oil, then lower the heat, and add the garlic and chopped onion. Sauté for a few minutes and then add the peppers and chili paste. Continue to cook until all vegetables are colored, but firm.
8. Add the tomatoes, cilantro and lime juice, then lower the heat simmer until everything is brought to temperature.
9. Add the yucca and coconut puree to the pan and toss all components together. Salt and pepper to taste.
10. Serve with rice or quinoa.

### Healthy Tip!

Yucca root is rich in vitamin C and has a good source of fiber, which will help support a strong immune system and aid in satiety and digestion!



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