



coconut-cranberry stew

NIBBLEDISH CONTRIBUTOR

Ingredients

1 can (28 ounces) crushed tomatoes 2 cups soy milk 1/2 teaspoon ginger 1 tablespoon balsamic vinegar 1/2 cup chopped red onion 3/4 cup unsweetened coconut flakes 3/4 cup Sam Adams Cranberry Lambic (this part is pretty important -- but read later for substitution) 1 can (16 ounces) unsalted corn 1 can (16 ounces) pinto beans 2 tablespoons honey (or sugar to taste -- it's really up to you)

Instructions

1. In a large stock pot, combine the crushed tomatoes, soy milk, ginger, and balsamic vinegar. Cook on medium-high heat for five minutes.
2. Add in the coconut flakes, Sam Adams, corn, pinto beans, and red onion. Cover and cook on medium-high heat for another 5 or so minutes, then drop heat to medium-low and cover. NOTE: If you do not want to use Sam Adams Cranberry Lambic, but are still into beer -- I you can substitute 1/2 cup lager (like Yuengling) and 1/4 cup PURE cranberry juice (not juice cocktail). Not into beer? I imagine if you just add 1/2 cup vegetable stock and 1/4 cup pure cranberry juice. Also, let me know if you find a good substitute :)
3. Alright, after a while (15 minutes . . . because really, I just cooked this stew in the pot on low-ish heat for an hour and a half), add in the honey. It all depends on how much you'd like, but I used 2 tablespoons. You may also substitute another sweetned to make this recipe totally vegan.
4. Just keep the pot (covered) on the stove on low-ish heat until you feel it's done. Like I said, I waited about an hour and a half -- I felt it really let the beans soak in the flavor. Then serve with freshly ground pepper to taste.