

Good Fortune Stew

Whether or not you believe in the custom of eating "Coin, Paper Money, and Gold" for the new year...this mildly flavored chili-style stew will greet any cold day! Blackeye peas symbolize coins, kale stands for paper money, ham for abundance, and corn bread dumplings for gold! A dollop of sour cream makes for a very prosperous new year !

Ingredients

3 cups vegetable broth, *about 2 1/2 (14.5oz cans)*
 2-3 dashes Tabasco sauce, *if desired*
 1 teaspoon ground cumin
 1 tablespoon chili powder
 salt and pepper, *to taste*
 1 (14.5oz) can diced tomatoes, *undrained*
 2 tablespoons tomato sauce
 1 (4oz) can diced mild green chili, *about 1/4 cup*
 1 medium onion, *chopped*
 1 clove garlic, *chopped fine*
 1 green pepper, *chopped*
 1 cup diced ham
 2 (15.5oz) cans blackeye peas, *drained*
 1 (16oz) can garbanzo beans, *drained*
 4-6 branches of kale, *stems removed and torn into pieces*
 sour cream, *for garnish*

In a large lined slow cooker, mix vegetable broth, Tabasco sauce, if desired, ground cumin, and chili powder. Add diced tomatoes, tomato sauce, diced chili, onion, , garlic, green pepper, ham, blackeye peas, and garbanzo beans. Cover and cook on LOW for 6-7 hours. Remove cover and stir in kale pieces. *Drop Corn Bread Dumpling batter (below) by tablespoons on top of liquid. Cover and raise slow cooker to HIGH; cook an additional 30-45 minutes, or until dumplings are cooked through. Serve in bowls and garnish with a dollop of fresh sour cream. Serve hot.

Serves: 4-6

Corn Bread Dumplings

2/3 cup flour
 1/3 cup yellow corn meal
 2 teaspoons baking powder
 1/8 teaspoon salt
 Pinch of cumin
 1/2 cup milk
 2 tablespoons olive oil

In a medium bowl, combine flour, yellow corn meal, baking powder, salt and cumin. Gently stir in milk and olive oil; do not over-mix. Drop by tablespoons onto hot liquid; cover and cook 30-45 minutes on HIGH, or until dumplings are cooked through.



Erik's Tip:

*Before adding the dumplings, it may be wise to remove some of the cooking liquid to allow for the dumplings to expand. Simply spoon out enough liquid for the dumplings to sit on top...reserve what you take out, in case you need to add more liquid at the end!