

SWEET POTATO STEW WITH WOWBUTTER

WOWBUTTER is a peanut and tree nut free alternative to peanut butter, making it safe for school lunches!

Serves 4-6 | Prep: 5 mins | Cook: 20 mins - 4 hours
Difficulty level: Easy



INGREDIENTS

- 2 lbs sweet potatoes (any variety)
- 14oz diced tomatoes
- 1 large onion thinly sliced
- 1-1/2 tsp cumin
- 1/2 tsp allspice
- Salt & pepper for seasoning
- 2 cups of water (or more if you would like it thinner)
- 1/4 cup WOWBUTTER or peanut butter
- Garnish with parsley (optional)

INSTRUCTIONS

1. Place all items (except WOWBUTTER and parsley) in a slow cooker, mix together and set to high for 4 hours.
2. If you don't have a slow cooker add items to a stock pot and bring to a simmer on the stove. Simmer until sweet potato is tender, approximately 15-20 minutes.
3. Before serving, stir in WOWBUTTER.
4. Garnish with parsley if available.

For more information, visit thefoodbank.ca/food

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HUMMUS WITH WOWBUTTER

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Serves 4-6 | Prep: 10 mins
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INGREDIENTS

- 19 oz can chick peas, drained
- 1/4 cup Silken Tofu
- 1/4 cup fresh lemon juice
- 2 tbsp WOWBUTTER
- 1 tbsp extra virgin olive oil
- 2 tsp cumin
- 1 clove of minced garlic
- 1/2 tsp salt
- 1/4 tsp pepper

INSTRUCTIONS

1. Place all items (except salt & pepper) into a food processor and blend until smooth. Add salt & pepper to taste.

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Hummus is a great healthy snack or addition to your sandwiches and wraps:

- Spread hummus on your favourite bread
- Use hummus on a sandwich instead of mayonnaise or mustard
- Pita chips and hummus
- Dip for fresh vegetables like carrots, celery
- Place hummus on a tortilla wrap with lettuce and vegetables for lunch

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- 1/4 cup Silken Tofu
- 1/4 cup fresh lemon juice
- 2 tbsp WOWBUTTER
- 1 tbsp extra virgin olive oil
- 2 tsp cumin
- 1 clove of minced garlic
- 1/2 tsp salt
- 1/4 tsp pepper

INSTRUCTIONS

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