



Vegan Nigerian Red Stew

with Delicata Squash, Collard Greens & Rice



40min



2 Servings

Obe Ata is a Nigerian sauce used for stews, soups, and dips made from sweet and spicy peppers, tomatoes, and curry powder—and it inspired this flavorful plant-based stew! We broil tender squash to intensify its sweetness, then add it to collard greens simmering in the obe ata. Steamed jasmine rice soaks up the flavors, and with a sprinkling of roasted pumpkin seeds on top, you have a vegan dinner that will please everyone.

What we send

- 1 delicata squash
- 1 bunch collard greens
- 1 yellow onion
- 1 bell pepper
- 1 jalapeño chile
- ¼ oz curry powder
- 14½ oz whole peeled tomatoes
- ¼ oz mushroom seasoning
- 5 oz jasmine rice
- 1 oz pumpkin seeds

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- small saucepan
- rimmed baking sheet

Cooking tip

Leftover collard greens? Slice into thin ribbons and sauté in olive oil and garlic for a side dish. Add salt and pepper to taste. Enjoy!

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 43g, Carbs 111g, Protein 20g



1. Prep ingredients

Halve **squash** lengthwise, scoop and discard seeds, and cut crosswise into ½-inch thick half-moons. Remove and discard center stems from **half of the collard greens** (save rest for own use), then stack leaves and cut into ½-inch ribbons. Finely chop **onion**. Halve **pepper**, discard stems and seeds, then finely chop. Halve **jalapeño**, remove stem and seeds, if desired; finely chop.



4. Cook rice

While **stew** is simmering, in a small saucepan, combine **rice, 1¼ cups water**, and **1 teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Cook aromatics

In a medium pot, combine **onions, bell peppers, jalapeños, ¼ cup oil**, and a **pinch of salt**. Cook over medium-low heat, stirring occasionally, until vegetables are translucent and completely softened, 8–10 minutes. Stir in **curry powder** and cook until fragrant, about 1 minute.



5. Broil squash

Preheat broiler with a rack in the top position. On a rimmed baking sheet, toss **squash** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil squash on top rack until deeply browned on 1 side and tender, rotating baking sheet halfway through cooking, 5–10 minutes total (watch carefully as broilers vary). Remove from oven and set aside.



3. Simmer stew

Add **collard greens** and a **pinch each of salt and pepper**; cook until wilted, 1–2 minutes. Add **tomatoes, mushroom seasoning**, and **1¾ cup water**. Bring to a boil over high heat. Partially cover and simmer over medium-low until greens are tender, 20–25 minutes. Crush tomatoes with a spoon.



6. Finish & serve

Add **squash** to **stew** and simmer uncovered until completely tender, 2–3 minutes. Season **stew** to taste with **salt** and **pepper**. Spoon **rice** and **stew** into bowls and sprinkle with **pumpkin seeds**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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