

From the kitchen of David and Jennifer Deaven

Servings: 6
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Vegetarian/Nopalitos Stew

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- A: 1 onion, sliced thin
2T olive oil
- B: 1T paprika
2T tahini
1T ground cumin seed
1/2t ground cayenne pepper
1/2t salt
- C: 1C vegetable broth
2T tomato paste
- D: 12oz Nopalitos Tiernos (tender cactus)
4T green chiles
- 1: Saute (A) gently in iron skillet, until onion caramelizes and turns brown (~15 minutes). Optionally, add chicken or tofu pieces and brown.
 - 2: Add (B) to skillet, stir for another 3 minutes over heat.
 - 3: Add (C), stirring to collect all browned bits in pan.
 - 4: Add (D), stir, simmer for at least 10 minutes and serve.



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