



















Plantain and Corn Stew

Disney's Animal Kingdom Lodge

Boma

Ingredients

-  2 cups Coconut Milk
-  2 cups V-8 Juice
-  2 cups Sweet Potato, diced chunky
-  2 Carrots, diced chunky
-  1 small Onion, diced chunky
-  2 cups Corn Kernels
-  1 small Red Bell Pepper, diced chunky
-  2 cups Plantains, diced chunky
-  1 tsp Red Crushed Pepper
-  1 small Jalapeno, sliced
-  2/3 cup Sugar
-  ¼ cup Parsley, chopped
-  1 cup Soy Sauce
-  ¼ cup Ginger, chopped fine/puree
-  1 tsp Ground Turmeric, toasted
-  1 tsp Ground Coriander, toasted
-  1 cup Cornstarch
-  ½ cup Water



Directions

1. Heat coconut milk and V-8 Juice, soy sauce, ginger, sugar, and crushed pepper. Mix cornstarch and water together to make a slurry. Add and let simmer until stock thickens.
2. Add red bell pepper, potato, onion, corn, and plantain**. Let cook until vegetables are done. Add parsley and jalapeno. Adjust seasoning.

Note: If you are using frozen plantains, add last when you are ready to serve.

