



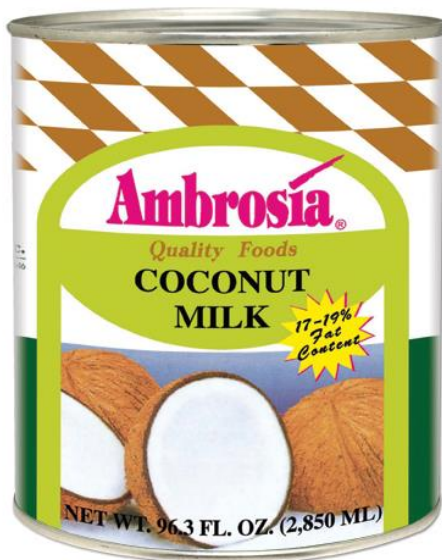
# Schreiber Foods International, Inc.

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## Hearts of Palm Stew

- 1 28oz can **Ambrosia** Hearts of Palm
- 2 Cups **Ambrosia** Coconut Milk
- 4 Tomatoes
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 2 Red Onions
- 2 Teaspoons Minced Garlic
- 8oz Palm Oil



## *Preparation*

*Peel the tomatoes, and slice. Slice the onions and bell peppers.*

*Cut the hearts of palm into thick slices about  $\frac{3}{4}$  of an inch wide.*

*In a large saucepan, place the hearts of palm, bell peppers, onions, tomatoes, and garlic, covered with coconut milk, and palm oil.*

*Let simmer until all vegetables are soft, about 30 minutes.*