

Stewed Rhubarb Recipe

Ingredients



- 8 cups Rhubarb chopped into 1/2 inch pieces
- 1/3 cup honey or maple syrup
- 2 tbsp orange zest
- 1/4 cup orange juice

Directions

1. Wash and chop rhubarb into 1/2 inch pieces.
2. In a pot on medium-low heat add the rhubarb pieces along with the honey, orange juice and orange zest.
3. Cover the pot with a lid and leave it to simmer for approximately 20 minutes. Stir the rhubarb mixture every 5 minutes or so as it cooks. The cooking time may vary slightly depending on whether you prefer a smoother consistency or rhubarb stew that's a bit chunkier. I recommend cooking for closer to 25 minutes for a smooth consistency.
4. Store in an airtight container in the fridge for up to 5 days. Serve either hot or cold.