



West African-Inspired Peanut Stew



Recipe from *budgetbytes.com*

Ingredients



- 1 Tbsp olive oil
- 4 cloves garlic
- 1/4 tsp ground ginger
- 1 sweet potato
- 1 medium onion
- 1 tsp cumin
- 1/4 tsp red pepper flakes
- One 6 oz. can tomato paste
- 1/2 cup natural style peanut butter
- 6 cups vegetable broth
- 1/2 bunch collard greens (4-6 cups chopped)



Directions

Yield: 9 cup Serving Size: 1.5 cups Total Cost: \$6.38 Serving Cost: \$1.06

1. Mince the garlic and dice the onion. Sauté the onion, ginger, and garlic in a large pot with olive oil over medium heat for 2-3 minutes, or until the onion becomes soft and translucent.
2. While the onion, ginger, and garlic are sautéing, dice the sweet potato into 1/2 inch cubes. Add the sweet potato cubes, cumin, and red pepper to the pot and continue to sauté for about 5 minutes.
3. Add the tomato paste, peanut butter, and vegetable broth to the pot. Stir until the peanut butter and tomato paste have mostly dissolved into the broth. Place a lid on the pot and turn the heat up to high. Allow the stew to come up to a boil, then turn the heat down to medium-low and allow it to simmer for 15-20 minutes, or until the sweet potatoes are very soft.
4. Once the stew has simmered until the sweet potatoes are very soft, stir in the collard greens. Let the stew simmer for about 5 minutes more, then begin to smash the sweet potatoes against the side of the pot to thicken the stew.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

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Fast Facts



Featured Food Groups



Cooking Tips



- Serve with cooked brown rice, cilantro, or chopped peanuts
- Either chunky or smooth peanut butter works, but use ones with no added sugar to maximize the peanut flavor
- This recipe holds up really well in the refrigerator or freezer.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	230
	<small>% Daily Value*</small>
Total Fat 13g	17%
Saturated Fat 2.1g	11%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 1644mg	130%
Iron 0.306mg	2%
Potassium 26837mg	570%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

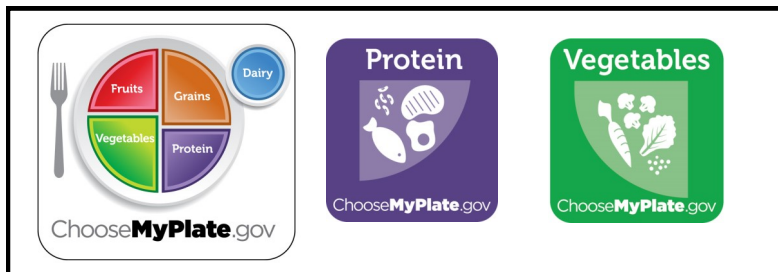
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