

African Peanut Stew

From the kitchen of:



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Ingredients (serves 4-5):

- 2 teaspoon grape seed oil
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 cup diced yellow onion
- 1 sweet potato, peeled, and diced
- 1 ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- 6 oz tomato paste
- ½ cup chunky peanut butter
- 4 cups vegetable broth
- 14 oz diced tomatoes with juices
- 14 oz chickpeas, rinsed and drained
- 1 cup cooked lentils
- 2 ½ cups chopped collard greens
- Cilantro to garnish, optional



Instructions:

1. Heat oil in a pot over medium high heat. Add, garlic, ginger, and onion into the pot. Sauté until onions begin to soften about 1-2 minutes.
2. Stir in sweet potatoes and sauté for 2 minutes. Stir in cumin, cinnamon, and red pepper.
3. Stir in tomato paste and peanut butter into the pot. Pour in the broth and tomatoes, stir until tomato paste and peanut butter is dissolved. Stir in chickpeas.
4. Put a lid on the pot and cook over low heat for 10-15 minutes or until sweet potatoes are tender.
5. Remove the lid and stir in the cooked lentils and greens, cook just until greens wilt. Season with salt and pepper, garnish with cilantro if desired.