

# African Peanut Stew

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*I kept reading about this stew believed to be from West Africa and knew I had to try it. African Peanut Stew contains two surprising ingredients - peanut butter and sweet potatoes, which makes this dish absolutely delicious. I tried various recipes and came up with this combination. You could make this ahead and let the flavors meld before you serve. You can serve it as a soup or serve over rice. If using fresh made unsalted stock, add ½ tsp salt when you add stock and taste for seasoning later.*

1 Tbs	olive oil	1	14.5 ounce can	crushed or diced tomatoes
1 large	onion, diced	1		bay leaf
½ tsp	cumin	1	pound	yams, peeled and cut into 1/2" cubes
1	red bell pepper, diced	1	15 ounce can	black beans, drained and rinsed
1	jalapeno chile, stemmed, seeded & minced	¼ cup		peanut butter
2	garlic cloves, minced	½ cup		peanuts, roughly chopped
1 Tbs	gingerroot, grated	2 Tbs		chopped fresh parsley leaves
4 cups	vegetable or chicken stock	1		salt to taste

- 1 Heat olive oil in a soup pot on low heat, add the onion and cook until translucent. Add cumin and stir until fragrant. Then add in the bell pepper, jalapeno, garlic and ginger. Cook for a minute.
- 2 Add in stock, tomatoes, bay leaf and yams. Bring to a boil, then turn to low and simmer until yams are tender, about 15 minutes.
- 3 Add in beans, then remove ½ cup liquid from the pot to a small bowl. Stir the peanut butter into the broth until smooth and then return this mixture to the pot. (Don't miss this step.) Season with salt and pepper, Remove the bay leaf and serve, garnishing with the peanuts and parsley.

Servings: 8

## Nutrition Facts

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Nutrition (per serving): 326 calories, 112 calories from fat, 13.2g total fat, 3.6mg cholesterol, 330.1mg sodium, 1063.4mg potassium, 42.1g carbohydrates, 8.5g fiber, 6.8g sugar, 13.1g protein.

## Source

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