

African Peanut Stew

This West African inspired dish highlights traditional flavors while also being a nutritious, hearty, plant-based meal. Peanut butter provides protein, healthy fats, and a creamy texture.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
1 each	Onion, small dice
1 each	Jalapeno, small dice, with seeds
4 cloves	Garlic, minced
1 Tbsp	Ginger, minced (about 1" piece)
2 tsp	Cumin, ground
1 tsp	Crushed Red Pepper Flakes
2 Tbsp	Tomato Paste
1 (15 oz) can	Crushed Tomatoes
4 cups	Vegetable Stock, low-sodium or homemade
1 each	Sweet Potato, peeled, medium dice
1 (15 oz) can	Chickpeas, drained and rinsed
4 cups	Kale, ribs removed, finely chopped (about 8 leaves)
½ cup	Peanut Butter, no added salt or sugar
1 tsp	Kosher Salt
½ tsp	Black Pepper
¼ cup	Cilantro, fresh, chopped (about ¼ bunch)
¼ cup	Peanuts, dry roasted, unsalted, chopped
2 each	Limes, cut into wedges

CHEF'S NOTES

This soup can be easily modified to fit personal preference. Try adding in chicken or more vegetables such as carrot, squash, or parsnips to make this dish your own. Adjust the heat level to your preference by removing the jalapeno seeds if you like a mild flavor or adding extra jalapeno for more heat.

This dish is high in vitamin K which is beneficial for blood clotting and helps form & maintain bone structure.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large saucepot over medium-high heat. Once hot, add the olive oil then the onion. Cook the onion until translucent then add the jalapeno and sauté for another 2-3 minutes.
3. Add the garlic and ginger cooking until fragrant, about 30 seconds to 1 minute.
4. Add the cumin, red pepper flakes, and tomato paste to the vegetables and continue cooking until lightly toasted, stirring constantly, about 1 minute.
5. Add the crushed tomatoes, vegetable stock, sweet potatoes, and chickpeas. Bring to a boil and then reduce the heat to allow the soup to simmer.

6. After the the potatoes have started to soften, about 10 minutes, add the kale and continue simmering until potatoes are fork tender, about 5 more minutes.
7. When the potatoes are tender, stir in the peanut butter, salt, and pepper. Remove from heat and serve with cilantro, chopped peanuts, and a lime wedge.

Nutrition Facts	
6 servings per container	
Serving size	1 1/2 cup (311g)
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3mg	15%
Potassium 790mg	15%
* 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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