

# RECIPE CARD

## African Peanut Stew

*Yield: 4 servings*

*Preparation: Easy*

*This recipe is adapted from a recipe for K-12 school food service created by Chef Sam Gasbarro and [HealthySchoolRecipes.com](http://HealthySchoolRecipes.com).*

### **Ingredients:**

1 tablespoon olive oil  
1/2 cup of chopped onion  
1 tablespoon garlic, minced  
1 tablespoon fresh ginger, minced (grated)  
2 teaspoon cumin  
3 tablespoons tomato paste  
2.5 cups sweet potato, cubed, raw  
1/2 cup unsweetened creamy peanut butter  
4 cups vegetable/chicken broth  
1/2 cup cooked frozen chopped spinach, thawed, drained of excess water  
1 ½ tablespoon lime juice, freshly squeezed (about 1 ½ limes)  
4 ounces roasted peanuts  
Cilantro as garnish

### **Directions:**

1. In a large pot over medium heat, warm the olive oil. Add the onion, garlic, and ginger. After 2 minutes, add cumin and continue to cook for 2 more minutes. Stir together and cook until onion is translucent (about 5 minutes total).
2. Add the tomato paste and stir until well distributed in onion mixture.
3. Add the peanut butter and vegetable broth. Stir together then bring to a boil.
4. Add sweet potato. Reduce heat to medium-low, cover and cook for 15-20 minutes or until sweet potatoes are tender, stirring occasionally to prevent sticking.
5. Add the chopped spinach to the pot, stir, then continue to cook for another 15 minutes. Using the back of the spoon, mash some of the sweet potato to help thicken the broth.

6. Boil uncovered for 5 minutes.
7. Stir in lime juice and peanuts right before service.
8. Top with roasted peanuts and cilantro. Serve warm over steamed brown rice.