AFRICAN PEANUT STEW

INGREDIENTS

1 tablespoon of olive oil
1 1/2 cups of onions, chopped
1 1/4 cups of red bell peppers, chopped
1/2 cup of celery, chopped
3 garlic cloves, minced
2 tablespoons minced peeled fresh ginger
1 tablespoon curry powder
1 (14-oz) can diced tomatoes, drained
4 cups reduced sodium vegetable broth
1 (15-oz) can of chick peas
1 large sweet potato, peeled and cut
1/4 cup of peanut butter
1 bunch of kale chopped
salt, pepper, cilantro to taste

INSTRUCTIONS

Heat oil in a 4-quart saucepan or Dutch oven over medium heat. Add onion and next 3 ingredients (onion through celery); sauté until soft and translucent, about 5 minutes. Add garlic, ginger and curry powder; sauté until fragrant, about 1 minute (do not brown garlic). Add tomatoes; cook, uncovered, until tomatoes are slightly reduced, about 3 minutes. Add broth and sweet potatoes; bring to boil. Reduce heat and simmer for about 8 minutes. Add beans and peanut butter; stir to combine. Add cilantro and kale; cook until thoroughly heated and kale wilts, about 2 minutes. Season with salt and pepper. It serves 8.
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**Alternative Ingredients**

- 1 tablespoons of extra-virgin olive oil = 1 1/2 tablespoons of butter
- 1 garlic clove =
  - **Option 1: Minced Garlic**: Use 1/2 teaspoon of minced garlic in place of each clove called for.
  - **Option 2: Garlic Powder**: Use 1/8 teaspoon of garlic powder in place of each clove.
  - **Option 3: Garlic Salt**: Use 1/2 teaspoon of garlic salt in place of each clove. This will add an extra 3/8 teaspoon of salt to your recipe, so decrease the salt in your recipe accordingly.
- 1/4 cup of fresh cilantro = 2 tablespoons of dried cilantro
- 2 tablespoons of fresh ginger = 1/4 teaspoon of ground ginger
- 1 tablespoon of curry powder = 2 teaspoons ground cumin, 2 teaspoons ground coriander, 2 teaspoons ground turmeric, 1 teaspoon ground nutmeg, 1 teaspoon salt, 1/2 teaspoon cinnamon, 1/4 teaspoon cayenne pepper, 1/4 teaspoon ground black pepper.

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