



# African Peanut Stew with Vegetables



*This vegetable stew can be traced back to West Africa and it traditionally uses some form of peanuts. In this recipe, peanut butter is mixed with milk to form a rich, velvety base for the colorful assembly of vegetables. Use sweet potatoes (sometimes labeled as yams) with a deep orange flesh for the best flavor, texture, and nutrient content.*

- 1 cup brown or white rice
- 1 teaspoon vegetable oil
- 1 cup chopped yellow onion
- 1 cup chopped red, yellow, and/or green bell pepper
- 2 cloves garlic, finely chopped or pressed
- 1 tablespoon finely shredded or minced peeled fresh ginger
- 2 teaspoons ground coriander
- 1/8 to 1/4 teaspoon ground cayenne pepper (optional)
- 1 cup sodium-reduced chicken broth
- 2 cups chopped (3/4-inch) peeled sweet potato or yam
- 1 can (14 1/2-ounce) diced tomatoes, drained
- 1 bay leaf
- 1/2 teaspoon salt
- 1/2 cup creamy peanut butter
- 2 1/2 cups lactose-free fat free milk or fat free milk
- 3 cups (3 ounces) baby spinach leaves, coarsely chopped
- 1/4 cup chopped roasted peanuts
- Thinly sliced green onion, for garnish (optional)

1. Cook rice as package directs.
2. In large soup pot, heat vegetable oil over medium heat. Add onion, peppers, and garlic. Stir and cook until onion is soft. Add ginger, coriander, and cayenne pepper; stir until fragrant. Add chicken broth, sweet potato, drained tomatoes, bay leaf, and salt. Cover, bring to a boil, then reduce heat and simmer gently 10 minutes. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered until liquid thickens, about 10 minutes. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat. Remove and discard bay leaf.
3. Ladle stew into bowls and top each with rice. Top with peanuts and garnish with green onion, if desired.

*Prep time: 45 minutes • Cook time: 30 minutes • Makes: 4 servings*

## Variation:

### African Peanut Stew with Vegetables and Chicken:

Add 1 1/2 cups chopped or shredded cooked chicken along with spinach.

## Cook's Tips:

- Lactose-free milk is used in this recipe but regular milk works equally well.
- Remember to put the rice on to cook before making the stew, especially if making brown rice, which takes 40 to 50 minutes to cook.

## Nutrients per serving:

Calories	574
Protein	23 g
Total Fat	23 g
(Saturated Fat	4 g)
Carbohydrate	73 g
Calcium	297 mg
Cholesterol	3 mg
Fiber	9 g
Sodium	891 mg