

# African Peanut Stew

Serves 6-8

**Allergens: Contains peanuts**

Recipe lightly adapted from [Sweet Peas and Saffron](#)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 tablespoon canola oil
- 1 medium yellow onion, diced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 4-5 cups sweet potato, chopped
- 8 plum tomatoes, chopped (or 28 oz. can or jar)
- 1 ½ cups cooked chickpeas (or 15 oz. can)
- 4 cups vegetable broth
- ½ cup peanut butter
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- 1 bunch collard greens or kale, ribs removed and roughly chopped

Optional:

- ¼ teaspoon cayenne

Garnish:

- ¼ cup roasted peanuts, chopped

## Directions

1. In a large stock pot, heat oil over medium high heat.
2. Add onion and stir occasionally until it starts to brown, about 3-5 minutes.
3. Add all other remaining ingredients except peanuts. Cook, stirring occasionally, until sweet potatoes soften, about 15-20 minutes.
4. Serve warm and garnish with peanuts

## Notes

Other Make-Ahead Methods:

- Cook the stew and freeze leftovers
- Cook on low for 8 hours in a slow cooker, reduce broth by 1 cup
- Freeze uncooked ingredients without broth, then thaw in refrigerator and cook in slow cooker

Recipe from [Make Ahead Meals, Spring 2019](#)