



African Peanut Stew



Estimated Time: 35 mins

Nutrition Per Serving

4 servings (1 bowl per serving)

Calories	374
Protein	10g
Total Carbohydrates	47g
Net	40g
Sugar	5.3g
Fiber	7g
Total Fat	17g
Saturated Fat	22.6g
Polyunsaturated Fat	2.8g
Monounsaturated Fat	10.2g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	375mg
Potassium	533mg
Phosphorus	67.7mg
Calcium	72mg

Recipe provided by
Chef Duane

Ingredients

- 2 teaspoons olive oil
- ½ yellow onion, diced
- 3 cloves of garlic
- 1 tablespoon fresh ginger, minced
- ¼ teaspoon ground cumin
- ¼ teaspoon coriander
- ⅛ teaspoon cinnamon
- ⅛ teaspoon cloves
- ¼ teaspoon dried thyme
- 2 cups low-sodium vegetable stock
- 1 medium sweet potato, peeled and finely diced
- ⅓ cup creamy peanut butter
- ½ can of low sodium cannellini beans, drained and rinsed
- 1 medium beet, peeled, cooked and diced
- 2 ½ cups of chopped kale
- 2 cups cooked rice

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g., lard), sodium, potassium, phosphorus, or sugar.

Directions

1. In a large pot, heat oil over medium heat. Cook diced onions until they turn translucent and start to brown.
2. Combine garlic, ginger, cumin, coriander, cinnamon, cloves, and thyme, and cook for 1 minute.
3. Cook vegetable stock, sweet potatoes and peanut butter for 15 minutes, until the sweet potatoes are very soft.
4. Add beans, beets and kale to the pot and cook for another 3-5 minutes.
5. Place ½ cup cooked rice on one side of the bowl and add 1 cup of stew on the other side.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.