



WEST AFRICAN PEANUT STEW

Recipe adapted from Cookie and Kate

INGREDIENTS

- 1 Tbsp olive oil
- 4 cloves garlic, minced
- 1 red onion, chopped
- 1 large sweet potatoes, cubed
- 1 red pepper, chopped
- 2 Tbsp ginger, grated
- 3/4 cup peanut butter
- 6 oz tomato paste
- 3 cups vegetable broth
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 heaping cups greens of choice
- Salt and pepper to taste

PREPARATION

1. Add all ingredients to slow cooker except greens.
2. Cook on high for 4 hours or low for 8 hours.
3. Stir in greens until softened before serving.
4. Optional: garnish with peanuts and cilantro and serve over rice.

NOTES

- Recipe yields 4 servings
- Leftovers can be stored in an airtight container in the refrigerator for 5-6 days.
- To freeze, allow stew to cool completely then store in airtight containers in the freezer for up to 3 months

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