

AFRICAN PEANUT STEW

Ingredients

Olive Oil

1 onion, chopped

6 garlic cloves, minced

1 red pepper, diced

2 small sweet potatoes, peeled and diced

1 small can chopped green chiles

1 28-oz fire roasted diced tomatoes

4 cups vegetable broth

2 cans chickpeas, rinsed and drained

½ C creamy peanut butter

salt & pepper

2-4 TBS chili powder (depending on the strength of the spice)

1 tsp cayenne pepper

1 bunch fresh cilantro, washed and torn

1 bag baby spinach or baby kale

1 C pepitas

Instructions

In a large soup pot, heat 2 TBS olive oil, then add the onion and garlic over medium heat. Cook about 3 minutes, then add the pepper and sweet potato. Stir to combine.

Add the green chiles, tomatoes, broth, chickpeas and peanut butter. Turn the heat to medium high until it comes to a low boil. Add the chili powder and cayenne, about 1 tsp salt and 2 tsp pepper. Stir to combine, then turn the heat down to medium low, cover, and let simmer for 20 minutes, stirring occasionally.

Stir in greens, cilantro and pepitas. Serve and enjoy!