



AFRICAN PEANUT STEW

COURSE: MAIN COURSE CUISINE: AFRICAN SERVINGS: 50
CALORIES: 520 KCAL

This dish is a simple, creamy, healthy twist on an African stew. The roasted peanuts add texture and good crunch.

INGREDIENTS

- ½ cup Oil, vegetable
- 4 ¼ pounds Onion, frozen, chopped
- 1 ½ cups Garlic, fresh, minced
- 1 ½ cups Ginger, fresh, minced
- 5 tablespoons Cumin, ground
- 1 ¼ cups Tomato paste
- 8 5/8 cups Peanut butter, creamy (4 ¾ pounds)
- 8 quarts 1 cup Stock, vegetable
- 8 ¾ pounds Sweet potato, frozen, cubed or pre-cubed fresh
- 4 ½ pounds Spinach, frozen, chopped, thawed and drained of excess water
- 1 cup Lime juice, fresh
- 6 ½ cups Peanuts, roasted, chopped (granules) (2 pounds)
- 1 ¼ cups Cilantro, fresh (optional)

INSTRUCTIONS

1. In a steam jacketed kettle or tilt skillet over medium heat, warm the oil. Add the onion, garlic, ginger, cumin. Stir together and cook until onion is translucent (about 5-7 minutes). This cooking time may increase with larger volume.
2. Add the tomato paste and stir until well distributed in onion mixture.
3. Add the peanut butter. Mix into vegetable mixture well. Add 2 quarts vegetable stock, whisk to combine well with peanut butter mixture. Once combined, add remaining stock. (adding stock in batches helps to more evenly distribute peanut butter mixture into vegetable stock).
4. Bring to a boil.
5. Add sweet potato. Reduce heat to medium-low, cover and cook for 15-20 minutes or until sweet potatoes are tender. (If using fresh sweet potatoes, cook for 30 minutes).
6. Add the chopped spinach to the pot, stir, then continue -to cook for another 15 minutes. (Make sure to use drained spinach or else stew will be too watery).
7. Using the back of the spoon, mash some of the sweet potato to help thicken the broth. Boil uncovered for 5 minutes.
8. Stir in lime juice
9. Serve over steamed brown rice. Garnish with peanuts (2 tablespoons per serving) and 1 teaspoon cilantro (optional).

RECIPE NOTES

Serving size: 1 1/2 cups

Crediting: 2 oz meat/meat alternate, ½ cup red/orange vegetable, 1/8 cup dark leafy green vegetable, 1/8 cup of other vegetable

NUTRITION FACTS PER SERVING (1.5CUPS)

Calories: 520 kcal | Fat: 34 g | Saturated fat: 5 g | Sodium: 590 mg | Carbohydrates: 40 g | Fiber: 7.9 g | Protein: 18 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.