



# 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.