

African Peanut Stew

1 tbs. Olive Oil
1 med. Red Onion, finely chopped (+/- 1 ½ cup)
1 med. Green Pepper, finely chopped (+/- 1 ¼ cups)
½ cup chopped Carrot (2 small)
½ cup chopped Celery (1 rib)
3 Garlic cloves, minced
2 tbs. fresh Ginger, peeled and minced
1 tbs. Curry Powder
1 (14 ½ oz. can) diced Tomatoes undrained
1 Bay leaf
4 cups fat-free Chicken or Vegetable broth
1 (12 oz.) Sweet Potato peeled and cut into ½” pieces
1 ½ cups shelled Edamame
¼ cup creamy or crunchy natural Peanut Butter or Almond Butter
¼ cup chopped fresh Cilantro
1 (5 oz.) bag Baby Spinach leaves, torn into bite-sized pieces
½ tsp. Salt
Black Pepper, coarsely ground

Heat olive oil in a 4 quart saucepan over med. heat. Add onion, bell pepper, carrots and celery; sauté until soft and translucent (+/- 5 minutes).

Add garlic, ginger and curry powder and sauté until fragrant (about 1 min. do not brown garlic). Add tomatoes and bay leaf; cook, uncovered until tomatoes are slightly reduced (about 3 min.).

Add broth and sweet potatoes and bring to a boil. Reduce heat to low and simmer for 8 minutes. Stir in edamame and peanut butter until combined. Cook until heated (+/- 2 min.) Stir in cilantro and spinach until spinach wilts. Season with salt and pepper.

(Passed on by Cheryl Malkin at Coldwell Banker Choice Properties.)