

## West African Chicken Stew



### Makes:

4-6

### Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)  
Saladmaster Food Processor

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### Recipe:

### Contributed By:

Cathy Vogt  
Certified Health Coach & Natural Foods Chef  
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### Recipe Description:

Chicken plasas is a traditional tomato based stew with peanut butter and spinach. Cayenne pepper and garlic add aromatic flavors to this dish. Serve with steamed rice.

1 lb  
chicken breast, cut into cubes  
(1/2  
kg)  
salt and fresh ground pepper (optional)  
1 onion, medium, strung, use Cone #2  
2 garlic cloves, shredded, use Cone #1  
1/4 cup  
tomato paste  
(65  
g)  
28 oz  
diced tomato  
(793  
g)  
1/2 cup  
water or chicken stock  
(118  
ml)  
1/4 cup  
natural peanut butter, smooth  
(64  
g)  
1/2 tsp  
cayenne pepper  
(3/4  
g)  
5 oz  
spinach, fresh, chopped  
(141

g)

**Directions:**

1. Preheat Ultimate Culinnaire over medium heat until a sprinkle of water skitters and dissipates, about 7-9 minutes.
2. Season chicken pieces on all sides with salt and fresh ground pepper. (optional)
3. Brown  $\frac{1}{2}$  of chicken for 2-3 minutes on each side in preheated Ultimate Culinnaire. Remove chicken from pan and place in a clean dish. Repeat with remaining pieces of chicken.
4. Sauté onion and garlic for 5-6 minutes. Add tomato paste, diced tomato, water and peanut butter and cayenne pepper stirring to dissolve peanut butter.
5. Add chicken pieces, stir and cover. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 15 minutes. Add chopped spinach, stir, place cover back on pan and cook for 5 minutes longer.
6. Taste and adjust seasonings as desired.
7. Serve as is or with steamed rice or roasted sweet potato.

**Tips:**

- Substitute fresh spinach for frozen chopped spinach that has been thawed and drained.
- Substitute chicken breast for bone in chicken pieces or cubed beef.
- Add in diced sweet potato.

Nutritional Information per

▼ Serving

**Calories:** 199  
**Total Fat:** 11g  
**Saturated Fat:** 2g  
**Cholesterol:** 14mg  
**Sodium:** 277mg  
**Total** 16g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 5g  
**Protein:** 11g