

West African Vegetable & Peanut Stew



Makes:

6 - 8 servings

Utensil:

Saladmaster Food Processor
12" Chef's Gourmet Skillet

Rate ★★☆☆☆

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Peanuts, also known as ground nuts, make this stew rich and creamy. This is an easy one pan stew made with a variety of vegetables that are easily adaptable to what is available. Serve this with steamed rice or couscous.

1 small
onion, shredded, use Cone #1
4 cloves garlic, shredded, use Cone #1
1 tablespoon
ginger, shredded, use Cone #1
2 zucchini, medium dice
1 pound
sweet potatoes, peeled, cut into medium dice
(454
g)
2 carrots, scrubbed
1 pound
eggplant, peeled, cut into medium dice (approximately 2 cups)
(454
g)
1 tablespoon
ground cumin
(8
g)
½ teaspoon
ground cinnamon
(1
g)
½ teaspoon
natural salt
(3
g)
14 ounces
diced tomatoes with juice

(397

g)

1 ½ cups

vegetable stock or water

(350

mL)

½ cup

organic peanut butter, smooth

(130

g)

salt and pepper, to taste

chopped peanuts and sliced scallions (optional garnish)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately, 5 - 7 minutes, add onions, garlic and ginger. Sauté for 3 - 5 minutes until softened and lightly browned, stirring constantly during cooking.
2. Add zucchini, sweet potatoes, carrots and eggplant. Sauté for 3 - 5 minutes, stirring carefully.
3. Add cumin, cinnamon and salt. Stir to combine.
4. Add tomatoes with juice and vegetable stock. Make a well in the center of skillet and stir peanut butter into the liquid to combine.
5. Place cover on skillet. When Vapo-Valve™ clicks, reduce heat to low and cook for 12 - 15 minutes until vegetables are soft but not mushy.
6. Taste and season with salt and fresh ground pepper, as desired.

Tips:

- Substitute eggplant and zucchini for other ingredients such as okra, dark leafy greens or your favorite seasonal vegetable.
- Always start with a small amount of salt when cooking and adjust seasonings as needed.

Nutritional Information per

▼ Serving

Calories: 190

Total Fat: 9g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 760mg

Total 24g

Carbs:

Dietary Fiber: 6g

Sugar: 8g

Protein: 7g