



West African Peanut Stew

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Prep
20 m

Cook
45 m

Ready In
1 h 5 m

Recipe By: km1312

"A hearty stew that's super-easy to make and great for peanut butter lovers. Can be made vegetarian or with chicken. In a pinch, feel free to use vegetable or corn oil for peanut oil, powdered ginger for fresh, water for stock, etc. Kale works well in place of collard greens."

Ingredients

2 tablespoons peanut oil	salt and ground black pepper to taste
1 red onion, chopped	5 cups chicken stock
2 cloves garlic, minced	3 small sweet potatoes, cut into chunks
2 tablespoons chopped fresh ginger	1 (16 ounce) can chopped tomatoes, with liquid
1 pound chicken, cut into chunks (optional)	1/4 pound collard greens, roughly chopped
1 tablespoon crushed red pepper, or to taste	1 cup chunky peanut butter

Directions

- 1 Heat the peanut oil in a large pot over medium-high heat; cook and stir the onion, garlic, and ginger in the hot oil until softened, about 5 minutes. Add the chicken; cook and stir until completely browned. Season with the crushed red pepper, salt, and black pepper. Pour the chicken stock over the mixture. Stir the sweet potatoes into the liquid and bring the mixture to a boil; reduce heat to low, cover the pot partially with a lid, and cook at a simmer for 15 minutes.
- 2 Stir the tomatoes, collard greens, and peanut butter into the soup. Partially cover the pot again and continue cooking, stirring occasionally, another 20 minutes.

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