**Beef Sesame Peanut Butter Stew**

Ingredients

Natural Peanut Butter

Beef

Tomato sauce or paste

Onion

Garlic

Chicken bouillon powder

Vegetable oil

Habanero pepper

**Method**

**Step 1:** Heat up oil and saute chopped onions until fragrant.

**Step 2:** Add in beef, tomato sauce, water, salt, bouillon powder

(or bouillon cubes) and bring to a simmer till tender

**Step 3:** Add garlic and peanut butter and let it simmer for another 10 mins.

**Step 4.** Add chopped sweet potatoes and carrots, habanero or scotch bonnet and let it simmer until the potatoes are cooked through

***Best with steamed rice, sweet potatoes or chapatti!***