Besides prepping a couple of veggies, this recipe basically involves dumping, stirring, and walking away allowing the ingredients to mingle with one another. Sooo easy!

Ingredients

Mushrooms

French beans

Carrots

Pototatoes (of an kind)

Egg plant

Spinach

Onions, Garlic, tomatoes

* Prep the onion, garlic (can use garlic powder), and sweet potatoes, mushrooms
* In a pot, cook the onion and garlic and add the seasonings.
* Add the rest of the ingredients (minus the spinach) and bring to a boil. Cover the pot. Reduce heat and simmer for 15-20 minutes, until sweet potatoes are soft
* Add Sesame Peanut Butter to desired thickness,
* Stir in spinach and simmer for several more minutes, allowing the stew to thicken a bit more
* That’s it!