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Sweet Potato Peanut Stew with Cilantro and Spinach

Level

Easy

Cal

700

Time

20-30 minutes

What's cooking?

This is the softest, creamiest, most satisfying stew. It also happens to be beautiful, with bright orange sweet potatoes, green swirls of sturdy flat-leaf spinach and a



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Ingredients

Nutrition

Allergens



0.75oz fresh cilantro



5oz flat leaf spinach



0.5oz tomato paste



0.06oz cinnamon



0.14oz cumin



4oz lemon



1oz salted cocktail peanuts



1.15oz peanut butter



0.03oz cayenne



0.2oz garlic clove



24oz sweet potato



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Prep ingredients

Peel and chop sweet potato into 1-inch chunks.
Peel and finely chop garlic. Remove cilantro leaves from stems, finely chop stems.





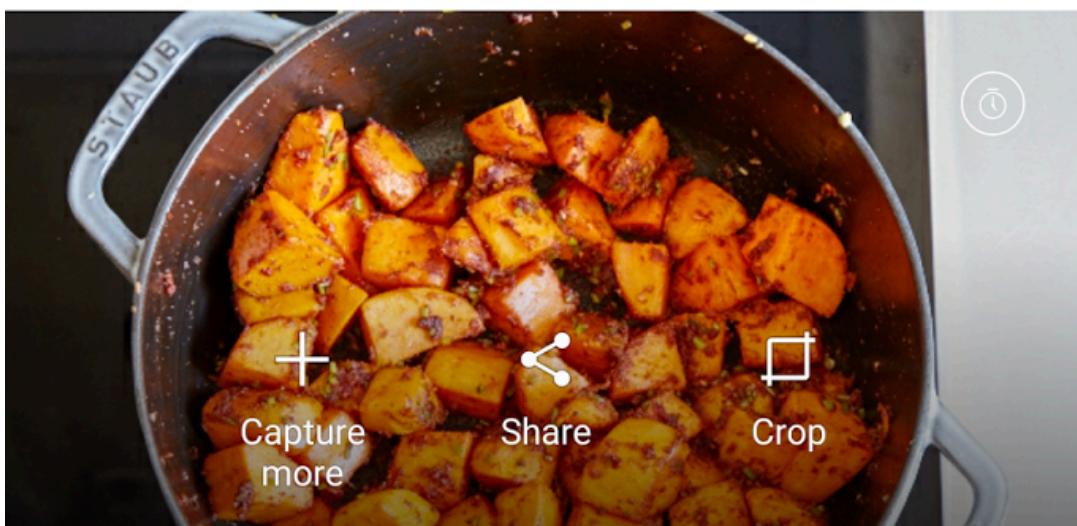
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Brown sweet potato

Heat 2 tablespoons olive oil over medium high in a large pot. Add garlic and sweet potato, season with $\frac{1}{2}$ teaspoon salt, and cook until starting to turn golden, about 5 minutes.





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Add aromatics

Add cumin, cinnamon, cayenne, tomato paste and cilantro stems and cook for 2 minutes.





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Make stew

Add peanut butter, $\frac{1}{2}$ cup water and bring to a vigorous simmer over medium heat. Add 1 teaspoon salt and cook until sweet potato is tender, about 12 minutes.





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Make topping

Finely chop cilantro leaves and peanuts. Mix together and season with salt if desired.

