

SPILLING HOPE

LIVE SIMPLY. GIVE GENEROUSLY. CHANGE LIVES.

African Peanut Stew

Susan Lane

1 tbs vegetable oil
1 large onion, chopped
1 medium sweet potato, peeled and diced
2 cloves garlic, minced
8 cups vegetable broth (or mixture of water and vegetable broth)
1 tsp dried thyme leaves
1 tsp cumin
1 cup uncooked rice (white or brown rice; I use brown rice, which takes longer to cook)
3 cups thick and chunky salsa (Can use a combo of canned tomatoes, chopped fresh tomatoes, salsa)
2 cans (16 oz each) garbanzo beans, drained and rinsed
1 can white beans (This adds creaminess and even more protein)
1 cup diced and unpeeled zucchini
1 cup creamy peanut butter

Heat oil at medium/high heat and sauté onions, garlic and spices.

Stir occasionally until onion is softened (around 5 min).

Add broth and rice. Bring to boil, reduce heat to simmer, cover until rice is cooked and vegetables are tender. If using white rice, add chopped sweet potato with broth and rice. If using brown rice, add chopped sweet potato after rice has cooked 20 minutes.

Add salsa, beans and zucchini and cook until zucchini is tender.

Add peanut butter and stir until combined (don't worry - it takes a minute for the peanut butter to combine).

Add salt and something spicy like Tabasco or chilero to taste.

This makes a lot, and I usually double the recipe when I make it. It freezes well. Don't get freaked out by what it looks like defrosted. When you warm it up, it will get nice and creamy.

Tip re: vegetable broth

You can make your own vegetable broth with the stuff leftover from preparing vegetables: onion and garlic skins and ends, peelings, celery tops, bell pepper insides & stems, veggies that are a little past their prime – anything except for lettuce and cabbage-related vegetables. I collect these in a container in the fridge, and if there's not a lot, I'll throw in an unpeeled clove of garlic, carrot, small potato, whatever might be available. About once a week, I'll cook this collection in water for about an hour then strain the broth and put the cooked out vegetable stuff in the compost bucket. One friend calls this "Triple threat: Tastier, cheaper, and more eco-friendly. Bam!"

It's a precise recipe, but it's great to have vegetable broth on hand to add to soups, stews and sauces. If you have a bunch, freeze it until you need it.