

# Yam and Peanut Stew with Kale

By Gena Hamshaw

Rich, nutrient dense, sweet, savory, and spicy, this stew is the ideal winter comfort food. Garnish with green onions and crushed roasted and salted peanuts for an extra kick!

Serves 4

- 1 tablespoon Olive oil
- 1 Yellow onion, diced
- 2 Cloves garlic, crushed
- 1 1/2 tablespoon Ginger, minced
- 2 pounds Yams (about two large), chopped into 1 inch chunks (or a little larger)
- 1/2 cup Dry red lentils, rinsed and drained
- 3 Ripe vine tomatoes, peeled and chopped (if you cannot access fresh tomatoes at this time of year, use 1 can of homemade or store-bought diced tomatoes)
- 1 teaspoon Cinnamon, ground
- 2 teaspoons Cumin, ground
- 1/2 teaspoon Turmeric, ground
- dashes Cayenne pepper (to taste)
- 1/2 teaspoon Sea salt (or to taste)
- 4-5 cups Vegetable stock + extra as needed
- 1/4 cup Creamy peanut butter
- 4 cups Curly kale, chopped into small pieces
- 1/4 cup Green onion, tops only, chopped
- 1/4 cup Roasted and salted peanuts, chopped

1. Heat olive oil in a large pot set on medium heat. Add the onion and begin sauteeing till onion is getting translucent (about 3 minutes). Add the garlic and ginger, and continue to sautee for another 3 minutes, till garlic is fragrant. Add the yams, the red lentils, the tomatoes, the cinnamon, cumin, turmeric, and cayenne and give it all a quick stir to combine.
2. Add 4 cups vegetable stock and bring mixture to a boil. If there isn't enough broth to cover everything but at least 1 inch, add another cup of stock. When soup boils, reduce to a simmer and cook for 40-45 minutes, or until sweet potatoes and lentils are very tender. If you need more broth as the mixture cooks, add it.
3. Add peanut butter and stir well. Using an immersion blender, blend soup till about half of it is pureed and the other half still has texture. The soup should appear creamy, but chunks of sweet potato should be visible.
4. Stir in the kale and let it wilt. Season to taste, adding more salt and pepper as needed.
5. Serve, topped with a tablespoon each of green onion and crushed peanuts.