

NWA Farmers' Market Alliance



PEANUT STEW

BY

HEATHER ARTRIPE

OF

.....
OZARK NATURAL FOODS
.....





SUPPLY LIST

MEASURING CUPS

MEASURING SPOONS

SPOON FOR STIRRING

KNIFE

MICROPLANE/FINE GRATER

(FOR FRESH GINGER)

POT, HEAVY BOTTOMED

POT LID

LADLE FOR SERVING





INGREDIENTS

1 TBSP OLIVE OIL
1 WHITE ONION, DICED
4 CLOVES GARLIC, MINCED OR ½ TSP
GRANULATED GARLIC
2-INCH KNOB FRESH GINGER, GRATED
OR 2 ½ TSP GROUND GINGER
2 SWEET POTATOES, DICED
2 TSP CUMIN
1 TSP PAPRIKA
¼ TSP CAYENNE
3 OZ. TOMATO PASTE
¾ CUP SMOOTH PEANUT BUTTER
4 CUP VEGGIE BROTH
1 BUNCH GREENS, LEAVES REMOVED
AND TORN INTO SMALLER PIECES
GARNISH WITH CHOPPED PEANUTS
AND CILANTRO IF DESIRED



INSTRUCTIONS

1. In a heavy bottom pot, add your olive oil. Once hot, add your onion, cook for **3-4 minutes**.
2. Add in your garlic and ginger, stir to combine and cook for **1 minute**.
3. Add the sweet potatoes, cumin, paprika, and cayenne, stir to combine.
4. Add in your tomato paste and allow to cook for **2-3 minutes**.
5. Add in your peanut butter and broth, stir to combine.
6. Bring to a simmer, then reduce to low. Cover and cook for **20 minutes**.
7. Add greens, stir, place the lid back on and cook for another **10 minutes**.

When ready to serve, ladle into a bowl, garnish with chopped peanuts and cilantro.

