

Peanut Stew

Ingredients

- 2 sweet potatoes, diced to 1"
- 1 onion, chopped
- 1 can diced tomatoes
- 1 can chickpeas, drained
- 1 cup roasted peanuts
- 1/2 cup peanut butter
- 2 cups chopped spinach
- 2 cups vegetable stock
- 3 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp cumin

Method

1. Sauté onion, garlic, ginger, and cumin.
2. Add to crock pot with all other ingredients except spinach.
3. Cook on low for 6-8 hours.
4. Add spinach half an hour before serving.
5. Serve over quinoa.

Notes

Makes 4 serves.

Revision #5

Created 9 December 2024 01:45:51 by Anna Pardee

Updated 10 December 2024 20:50:17 by Anna Pardee