

West African Vegetable & Peanut Stew



Sirve:

6 - 8 servings

Pieza:

Saladmaster Food Processor
12" Chef's Gourmet Skillet

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Peanuts, also known as ground nuts, make this stew rich and creamy. This is an easy one pan stew made with a variety of vegetables that are easily adaptable to what is available. Serve this with steamed rice or couscous.

1 small
onion, shredded, use Cone #1
4 cloves garlic, shredded, use Cone #1
1 tablespoon
ginger, shredded, use Cone #1
2 zucchini, medium dice
1 pound
sweet potatoes, peeled, cut into medium dice
(454
g)
2 carrots, scrubbed
1 pound
eggplant, peeled, cut into medium dice (approximately 2 cups)
(454
g)
1 tablespoon
ground cumin
(8
g)
½ teaspoon
ground cinnamon
(1
g)
½ teaspoon
natural salt
(3
g)
14 ounces
diced tomatoes with juice
(397

g)
1 ½ cups
vegetable stock or water
(350
mL)
½ cup
organic peanut butter, smooth
(130
g)
salt and pepper, to taste
chopped peanuts and sliced scallions (optional garnish)

Preparación :

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately, 5 - 7 minutes, add onions, garlic and ginger. Sauté for 3 - 5 minutes until softened and lightly browned, stirring constantly during cooking.
2. Add zucchini, sweet potatoes, carrots and eggplant. Sauté for 3 - 5 minutes, stirring carefully.
3. Add cumin, cinnamon and salt. Stir to combine.
4. Add tomatoes with juice and vegetable stock. Make a well in the center of skillet and stir peanut butter into the liquid to combine.
5. Place cover on skillet. When Vapo-Valve™ clicks, reduce heat to low and cook for 12 - 15 minutes until vegetables are soft but not mushy.
6. Taste and season with salt and fresh ground pepper, as desired.

Consejos:

- Substitute eggplant and zucchini for other ingredients such as okra, dark leafy greens or your favorite seasonal vegetable.
- Always start with a small amount of salt when cooking and adjust seasonings as needed.

Información nutricional por ración

Calorías:	190
Grasa Total:	9g
Grasa	2g
Saturada:	
Colesterol:	0mg
Sodio:	760mg
Carbohidratos:	24g
Fibra	6g
Dietética:	
Azúcar:	8g
Proteína:	7g