

West African Peanut Stew

Oscar · 29/09/2024

**Prep Time**

1 hr 10 mins

Difficult

Medium

Servings

4

Description

A hearty African peanut stew thats super easy to make and great for peanut butter lovers It can be made vegetarian or with chicken In a pinch feel free to use vegetable or corn oil for peanut oil powdered ginger for fresh water for stock etc

Ingredients

- - 2 tablespoons peanut oil - 1 red onion
- chopped - 2 tablespoons chopped fresh ginger - 2 cloves garlic
- minced - 1 pound chicken
- cut into chunks (Optional) - 1 tablespoon crushed red pepper
- or to taste - salt and ground black pepper to taste - 5 cups chicken stock - 3 small sweet potatoes
- cut into chunks - 1 (16 ounce) can chopped tomatoes
- with liquid - 1 cup chunky peanut butter - ¼ pound collard greens
- roughly chopped

Instructions

1. Heat peanut oil in a large pot over medium-high heat. Cook and stir onion
2. ginger
3. and garlic in hot oil until onion is softened
4. about 5 minutes. Add chicken; cook and stir until completely browned. Season with crushed red pepper
5. salt
6. and black pepper. Pour in chicken stock. Stir in sweet potatoes; bring to a boil. Reduce heat to low
7. cover the pot partially with a lid
8. and cook at a simmer for 15 minutes. Stir in tomatoes
9. peanut butter
10. and collard greens. Partially cover the pot and continue cooking
11. stirring occasionally
12. until greens are tender
13. about 20 more minutes. Recipe Tip You can substitute roughly chopped kale for the collard greens if you'd like.