

African Sweet Potato Stew

Oscar · 29/09/2024



Prep Time

6 hrs 45 mins

Difficult

Medium

Servings

10

Description

I came across an African sweet potato stew recipe a few years ago and adapted it to suit our taste. It is very flavorful and just a bit spicy, just right for cold days. This recipe makes a lot of stew, so it may be halved for a smaller portion, but it also freezes very well.

Ingredients

- 1 onion
- chopped - 2 small jalapeno peppers
- seeded and chopped - 3 cloves garlic
- minced - 2 teaspoons minced fresh ginger - 2 teaspoons ground cumin - ½ teaspoon salt - ¼ teaspoon ground coriander - ¼ teaspoon ground cinnamon - ½ teaspoon red pepper flakes - 4 cups water - 2 ½ pounds sweet potatoes
- peeled and chopped into 2-inch pieces - 2 (15 ounce) cans diced tomatoes
- drained - 2 (15 ounce) cans chickpeas
- drained and rinsed - ¼ cup peanut butter - 1 (15 ounce) can sliced green beans
- drained

Instructions

1. Place onion
2. jalapeno peppers
3. garlic
4. ginger
5. cumin
6. salt
7. coriander
8. cinnamon
9. and red pepper flakes in a large slow cooker. Pour in water and stir to combine. Mix in sweet potatoes
10. tomatoes
11. chickpeas
12. and peanut butter. Set cooker to Medium-High
13. cover
14. and cook until sweet potatoes are tender and stew has thickened
15. about 6 hours. Stir in green beans
16. cover
17. and continue cooking until beans are heated through
18. 15 to 20 minutes. Cook's Note Substitute 1/2 teaspoon ground ginger for the fresh ginger if preferred. If you like
19. coat 1 pound of pork stew meat with flour and cook in a small amount of oil in a skillet over medium heat
20. then drain it and add to the stew with the green beans in Step 2.