

Peanutty African Stew

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 cup brown rice (instant)
- 2 cups chicken broth (reduced sodium)
- 1/3 tablespoon dehydrated onion (minced)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger (ground)
- 1/8 cup red pepper (optional)
- 1 sweet potatoes (2 cups, peeled and diced)
- 1 can tomatoes (diced, 14.5 ounces, with liquid)
- 1/2 teaspoon salt (optional)
- 1/2 cup peanut butter (creamy, reduced-fat)
- 1 1/4 cups milk (non-fat)
- 3 cups baby spinach (coarsely chopped)
- 1/4 cup peanuts (roasted, chopped)
- green onion (optional, thinly sliced for garnish)

Directions

1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

Notes

Tips

- Substitute 12 ounces frozen spinach for fresh.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	9 g	14%
Protein	9 g	
Carbohydrates	27 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	420 mg	18%

- Flavor boosters: chopped cilantro, red and green peppers, raisins.

Oregon State University Cooperative Extension Service, Healthy Recipes