

# African Peanut Stew

Prep Time 20 mins  
 Total Time 1 hr  
 Meal Type Lunch, Dinner  
 Contributed By



Source Adapted from [Budget Bytes](#)

Servings 6



## Ingredients

lb,c g,ml

- 4 Cloves Garlic, *minced*
- 1 Tbsp Ginger, Fresh, *grated*
- 1 Onion, medium, *chopped*
- 6 cups Collard Greens, *spines removed and chopped*
- 1 Tbsp Vegetable Oil
- 1 Sweet Potato, *peeled and cubed*
- 1/4 Bunch Cilantro, *chopped*
- 1 Tsp. Cumin
- 1/4 tsp Crushed Red Pepper
- 1 can. Tomato Paste (1 can)
- 1/2 cups Peanut Butter
- 6 cups Vegetable Broth
- 4 1/2 cups Brown Rice, *cooked* (optional)
- 1/3 cups Peanuts, unsalted, *chopped* (optional)

## Directions

### Prep

1. Peel and grate the ginger, mince the garlic, and chop the onion.
2. Remove spines from collard leaves and slice.
3. Peel and cube sweet potato.
4. Chop cilantro and set aside.

### Make

1. Add oil to a large pot and sauté onion, ginger, and garlic until the onion is soft and translucent.
2. Add the sweet potato, cumin, and red pepper to the pot and continue to sauté for 5 minutes.
3. Add the tomato paste, peanut butter, and vegetable broth and stir until the peanut butter and tomato paste have mostly dissolved into the broth. Bring to a boil then turn down the heat to medium-low. Simmer for 15 to 20 minutes or until the sweet potatoes are soft.
4. Stir in the collard greens and continue to simmer stew until collard greens are bright green and tender.
5. Season with salt. Serve with rice and top with chopped peanuts and cilantro.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>485</b>	<b>Total Fat</b> 18.0g	27%	<b>Total Carbohydrates</b> 68g	22%
		Saturated Fat 3.5g	17%	Dietary Fiber 10g	39%
		Trans Fat 0.0g		Total Sugars 10g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 15g	
		<b>Sodium</b> 153mg	6%		
Vitamin D 0mcg 0% · Calcium 152mg 15% · Iron 2mg 10% · Potassium 856mg 18%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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