

Peanutty African Stew

From the USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanutty-african-stew>

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 teaspoon red pepper (optional)
- 2 cups sweet potato (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)

Instructions

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.

Tips

- Substitute 12 ounces frozen spinach for fresh.
- Flavor boosters: chopped cilantro, red and green peppers, raisins.

Makes 8 servings

Nutrition information per 1 cup serving

Calories: 220	Dietary Fiber: 4g
Total Fat: 9 g	Sodium: 420 mg
Saturated Fat: 1.5 g	Protein: 9 g
Cholesterol:	Carbohydrates: 27 g