



# North African Peanut Stew

insidewink's Reliable Recipes  
insidewink.com

---

I've made this stew with a bit more turmeric and even added a tablespoon of Sri Lankan Curry powder, and/or a couple of diced small red chilis. In other words, this stew is great as is, but feel free to improvise! Servings : 8 - 10

---

## North African Peanut Stew

### Ingredients

Olive Oil	2 Ts
Carrots	1 cup chopped
Onion	1 diced
Celery	3 ribs chopped
Garlic	6 cloves minced
Ginger	1" pieces, peeled, minced
Edamame	1 cup (shelled)
Red Bell Pepper	1 cup chopped
Organic Veg or Chick Broth	2 containers
Yam	2 Small-med, peeled diced 1" squares
Chick Peas	1 can
Organic Creamy Peanut Butter	2/3 cup
Coconut Milk	1 can
Turmeric	2 tsps
Curry Powder	2 tsps

Coriander                    1 tsp.  
Organic Spinach            1 bag  
Unsalted Peanuts         1 cup  
Cilantro                     1 bunch chopped  
Salt and Pepper to taste - 1- 2 tsps.  
Juice of                     ½ lime

### **Directions**

Chop all of those awesome veggies first.

In a large stock pot, on medium heat, sauté onions, carrots, celery, and peppers until soft - add spices and a pinch of salt, sauté for two more minutes.

Add broth, yams, chickpeas, edamame, peanut butter, coconut milk and let simmer for 45 min. or until yams are just soft.

\*\* add diced pre-grilled or shredded cooked chicken at this time if preferred.

Turn off and let stew (sit) for about one hour.

Before serving, re-heat and add one bag of fresh spinach and peanuts.

Salt and pepper to taste.

Squeeze lime into stew.

Serve with chopped cilantro and a few more peanuts as garnish.

**Find more of insidewink's Reliable Recipes  
on [insidewink.com](http://insidewink.com)**