



Copyright 2021. The Food Fairy. All rights reserved.

African Groundnut Stew

Serves 6

Ingredients

2 cups onions, chopped
2 TBSP peanut or vegetable oil
½ tsp cayenne or other ground dried chilis
1 tsp pressed garlic cloves
2 cups red or green cabbage, chopped
3 cups sweet potatoes, cubed
3 cups low sodium tomato juice
1 cup apple or apricot juice
1 tsp sea salt
1 tsp fresh ginger root, peeled, grated
1 TBSP fresh cilantro, chopped (optional)
2 tomatoes, chopped
1½ to 2 cups okra, chopped (optional)
½ cup peanut or almond butter

Preparation

1. Sauté the onions in the oil for about 10 minutes. Stir in the cayenne and garlic and sauté for a couple more minutes. Add the cabbage and sweet potatoes and sauté, covered, for a few minutes. Mix in the juices, salt, ginger, cilantro, and tomatoes. Cover and simmer for about 15 minutes, until the sweet potatoes are tender.
2. Add the okra and simmer for 5 minutes more. Stir in the nut butter and simmer for a few more minutes. Add more juice or water if the stew is too thick.
3. Serve on one of the West African starches--rice, millet, or stiff porridge (ugali).



Food Fairy Note: This version substitutes chopped green cabbage, and chopped okra for eggplant, and added apple or apricot juice and some chopped fresh cilantro leaf. I've never used the okra, but increased the cabbage to 3 cups. Garnish this stew with optional hard-boiled egg halves, and pineapple and banana slices.

Adapted from: New Recipes from Moosewood Restaurant, Copyright © 1987 by Moosewood, Inc. Ten Speed Press, publisher.