

# WEST AFRICAN GROUNDNUT STEW

SERVES 4 TO 6

The recipe for this stew came from Sierra Leone, Africa and then underwent a few changes in the Moosewood kitchen. To be authentic, the dish would use palm oil, tomato paste, and fewer vegetables, but with all due respect, we prefer our version.

*Use 6 qt. pots*

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~~Steam~~ or boil the sweet potato cubes until just tender. Meanwhile, sauté the garlic, ginger, and spices in oil for one minute. Add the onions and cook until they begin to soften. Add the tomatoes, ~~eggplant~~, and a small amount of ~~vegetable stock~~ or water and simmer for 10 minutes. Add the ~~zucchini~~ and peppers and continue to simmer until all of the vegetables are tender, about 20 minutes. ~~Then add zucchini.~~

Drain the sweet potatoes and add them to the stew along with the tomato juice and peanut butter. Stir well. Simmer on very low heat for 5 to 10 minutes, stirring occasionally to prevent sticking.

Serve on rice,  ~~couscous, or millet~~. At Moosewood we garnish this stew with hard-boiled egg halves and pineapple and banana slices.

- 2 sweet potatoes, peeled and cubed
- rice
- 2 tablespoons vegetable oil
- 3 garlic cloves, minced or pressed
- 3 tablespoons grated fresh ginger root
- 2 tablespoons ground coriander
- ~~X~~ 1/2 teaspoon cayenne (or to taste) ~~1/4 tsp. (or less)~~
- 4 cups chopped onions
- 2 tomatoes, chopped
- ~~4 cups peeled and cubed eggplant (omit)~~
- ~~1/4 to 1/2 cup Vegetable water~~
- ~~Stock (recipe #17) or water~~
- 1 cup chopped zucchini or yellow summer squash
- 2 green peppers, coarsely chopped
- 2 cups tomato juice
- ~~X~~ 1/4 cup peanut butter

*1/4*