

West African Peanut Stew (Maafe)

8 servings

- 1 Tablespoon vegetable oil
- 1 onion, scrubbed with clean vegetable brush under running water, chopped
- 1/2 teaspoon salt (optional)
- 2 garlic cloves, minced
- 1 Tablespoon curry powder
- 1 Tablespoon turmeric
- 1 Tablespoon fresh ginger, minced
- 4 cups low-sodium vegetable or chicken broth
- 1 (15 ounce) can chopped or diced tomatoes with their juice
- 1/2 cup peanut butter (creamy or crunchy)
- 2 large sweet potatoes, scrubbed with clean vegetable brush under running water, diced into 3/4-inch cubes (about 5 cups)
- 4 cups kale, collard greens, or Swiss chard, gently rubbed under running water, chopped
- hot sauce (optional)
- salt to taste



1. Wash hands with soap and water.
2. Heat oil in a large pot over medium heat. Add the onion and cook 5-7 minutes, until translucent.
3. Add garlic, curry powder, turmeric, and ginger. Stir and cook for 1 more minute.
4. Stir in the broth, tomatoes, and peanut butter.
5. Add sweet potatoes and bring to a boil. Cover the pot, reduce the heat to medium-low, and simmer for 15 minutes.
6. Add the greens and cook uncovered until the potatoes are tender, another 10-15 minutes.
7. Serve with hot sauce, if desired.
8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/8 of recipe): Calories 200, Total Fat 11g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 280mg, Total Carbohydrates 17g, Fiber 4g, Total Sugars 5g, includes 0g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%.

Source: MA SNAP-Ed and Chop Chop Family