



Slow-Cooker African Peanut Stew

If you have never tried a savory peanut dish before, you are in for a treat. Not only does the peanut butter create rich flavor, it thickens the sauce deliciously. Prep this recipe early in the day or even the night before, and come home to the warm aroma of African-inspired food, with tender cooked chicken and vegetables. Serve over cooked rice, quinoa, or millet if desired.

Ingredients:

3 tablespoons minced, peeled fresh ginger	1 teaspoon ground coriander
2 ½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces	1 tablespoon ground ancho chile
1 large sweet potato (1 pound), peeled and cubed	1 tablespoon ground cumin
1 medium eggplant (1 pound), peeled and cubed	1 teaspoon crushed red pepper flakes (optional)
1 medium zucchini (1/2 pound), cubed	1 teaspoon salt
2 cups reduced sodium, low-FODMAP chicken broth	1 cup chunky peanut butter
1 14.5-ounce can diced unsalted tomatoes, undrained	¼ cup chopped cilantro
	½ cup roasted unsalted peanuts, chopped

Procedure:

- In the bowl of a 4-quart slow-cooker, in the order shown, layer the ginger, chicken, sweet potatoes, eggplant and zucchini.
- In a large microwave-safe bowl, combine the chicken broth, tomatoes, coriander, chile, cumin, red pepper flakes, salt and peanut butter. Heat the mixture in the microwave on high for one minute to soften the peanut butter. Stir and repeat if needed, until the mixture is well blended and warmed. Pour the sauce over the chicken and vegetables in the slow-cooker. Cook on low for 6 to 7 hours. Confirm the stew is done by using a quick-read thermometer; the stew should reach a temperature of 165°F.
- Stir the stew and divide it into serving bowls; garnish with cilantro and chopped peanuts.

Tips:

This recipe can be prepared on the stovetop in a Dutch oven or other large, heavy saucepan, if desired. Bring the stew to a boil, reduce heat to a simmer, and cook until the vegetables are tender and the chicken is well-cooked, at least one hour. Stovetop recipes usually require more liquid than those prepared in the slow cooker, so 1 to 2 cups of additional chicken broth may be added as desired to thin the sauce.

This recipe may be halved for use in a smaller slow cooker.

If you are so inclined, for extra flavor and color the chicken meat can be browned in batches on the stovetop prior to being added to the slow cooker. In a large skillet over medium-high heat, brown the cubed chicken on all sides in a tablespoon of oil. Add more oil as needed.

Serves: 10 (1-cup servings)

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.