

Maia's (approximate) African Peanut Stew

Ingredients

- 1 tbsp avocado oil (or other neutral oil)
- 1 yellow onion, diced
- 4 cloves of garlic, peeled and minced (or more, I don't know your life)
- 1 TBSP ginger (peeled and grated, or the kind in a tube). Or let's be honest, probably more
- Cumin & curry powder (measure with your soul, then add more)
- Red pepper flakes (idk like a teaspoon maybe?)
- About half a cup of peanut butter, I just used the cheapo store brand creamy but it doesn't matter that much, it's good with chunky pb too
- 1-2 sweet potatoes, peeled and chopped into chonks
- 1 box of vegetable broth
- 1 6oz can of tomato paste
- 1 can of coconut milk (not Lite, that's bullshit)
- 1 normal-ass size can of diced tomatoes
- Kale or collard greens, shredded
- Salt, if it needs it
- cilantro, peanuts, & green onions for garnish (optional)

Instructions:

1. Sautee onions in oil until translucent, then add minced garlic, ginger, cumin, curry powder, and red pepper flakes, and cook another few minutes, stirring frequently so your garlic doesn't stick to the bottom of the pot and burn. No burning the garlic!
2. Add the veggie broth, peanut butter, tomato paste, coconut milk, and sweet potatoes. Bring it all up to a boil (stir occasionally), then turn it down to medium low and let it simmer until the sweet potatoes start getting soft, about 20 min unless you're making a giant amount like I was and then you should plan for like 40 minutes. Smoosh some of 'em against the side of the pot to help thicken it all up.
3. When the sweet potatoes are good and soft, add your can of tomatoes and the greens, and let it cook another 5ish minutes.
4. Eat it, this is the most important part. You can put things on top if you want!!