

WEST AFRICAN PEANUT STEW

INGREDIENTS:

- 1 tbsp avocado oil
- 1 large onion, finely chopped
- 1-inch cube of ginger, grated
- 5 garlic cloves, finely chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 turnip, cut into small cubes
- 1/2 cup dried green lentils
- 2 tsp cumin seeds
- 2 tsp ground coriander (or coriander seeds)
- 1/2 tsp cayenne pepper
- 1 cup crushed tomatoes
- 3 cups vegetable broth
- 2 tsp maple syrup
- 1 tbsp lemon juice
- 3/4 cup chunky peanut butter
- 2 cups kale, shredded
- Salt & pepper to taste
- Crushed peanuts and cilantro to top

DIRECTIONS:

1. Heat the avocado oil in a large pot on medium-high heat.
2. Add the onion and let cook for 2-3 minutes until translucent.
3. Add the ginger and garlic and let cook for another 2 minutes.
4. Next add the sweet potato, turnip, lentils, cumin seeds, ground coriander and cayenne pepper and mix together, letting cook for about 1 minute.
5. Reduce the heat to medium-low, then add the crushed tomatoes and vegetable broth. Let simmer for 15 minutes.
6. Add in the rest of the ingredients and mix until combined.
7. Let simmer for another 10 minutes.
8. Serve with crushed peanuts and cilantro.