African Peanut Stew

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 large sweet potato (about 1 lb), peeled and diced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon crushed red pepper flakes
- 1 can (6 oz) tomato paste
- 1 can (14.5 oz) fire-roasted diced tomatoes, with juices
- ½ cup natural unsweetened peanut butter
- 6 cups vegetable broth
- 4–6 cups chopped collard greens or kale
- 2 teaspoons apple cider vinegar
- Salt and black pepper, to taste

Optional toppings

Fresh cilantro • Chopped roasted peanuts • Cooked brown rice • Sriracha or hot sauce

Instructions

1. Sauté aromatics. Heat olive oil in a large pot over medium heat. Add onion, garlic, and ginger; cook 2–3 minutes until softened.

2. Toast spices. Add diced sweet potato, cumin (I do a very small amount to no cumin because I am not a huge fan but that's just me), smoked paprika (I like adding this, sometimes more to taste), and red pepper flakes. Stir and cook about 5 minutes.

3. **Build the stew.** Add tomato paste, fire-roasted tomatoes with their juices, peanut butter, and vegetable broth. Stir until combined.

4. **Simmer.** Cover and bring to a boil. Reduce heat to medium-low and simmer 15–20 minutes, until sweet potatoes are very tender.

5. **Add greens.** Stir in chopped collard greens or kale and simmer another 5 minutes.

6. **Thicken.** Mash some sweet potatoes against the side of the pot to create a thicker, creamier consistency or pulse with immersion blender.

7. **Finish.** Remove from heat and stir in 2 teaspoons apple cider vinegar. Season with salt, pepper, or extra red pepper flakes.