



West African Peanut Stew

One Pot Recipe

High Protein - Dairy Free - Gluten Free

Ingredients

Servings: 8 cups

Prep Time: 10 minutes

Cook Time: 30 minutes

- 2/3 cup **onion**, diced
- 1 tbsp **oil**
- 1/4 tsp **garlic powder**
- 1 cup **chicken**, cooked and diced
- 1 1/2 tsp **curry powder**
- 1/2 tsp **crushed red pepper flakes**
- 3 cups **chicken broth**, low sodium
- 1 can **tomato paste**, 6 oz
- 2 cans **stewed tomatoes**, 14.5 oz
- 6 tbsp **peanut butter**

Note: To avoid peanut butter, try sunflower seed butter. Add spinach or sweet potatoes for more vegetables.

Directions

1. In a large pot sauté onion in oil until translucent; add garlic and chicken and stir to heat through.
2. Add seasonings and cook 1 minute longer.
3. Add broth, tomato paste, tomatoes and peanut butter. Stir until well combined.
4. Heat over medium heat until hot but not boiling. Serve hot.
5. Refrigerate leftovers within 2 hours.

Recipe adapted from [Foodhero.org](https://www.foodhero.org)