



## Vegan West African Peanut Stew

with Collard Greens



30-40min



2 Servings

One-pot meals are always a dinner-winner, and this West African-inspired stew is no exception! It's rich in flavor thanks to the peanut butter and tomato-based sauce with fresh ginger, onions, and earthy cumin. Plus, it's full of good-for-you-ingredients like hearty sweet potatoes and tender collard greens. A lively combo of chopped cilantro and peanuts adds a delightfully fresh crunch.

## What we send

- 2 sweet potatoes
- 1 piece fresh ginger
- 1 red onion
- ¼ oz ground cumin
- 6 oz tomato paste
- ¼ oz warm spice blend
- 1.15 oz peanut butter <sup>1</sup>
- 1 bunch collard greens
- ¼ oz fresh cilantro
- 2 (1 oz) salted peanuts <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium Dutch oven or pot

## Allergens

Peanuts (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 35g, Carbs 91g, Protein 22g



### 1. Prep ingredients

Scrub **sweet potatoes**, then cut into 1-inch pieces. Peel and finely chop **all of the ginger**. Coarsely chop **onion**.



### 2. Brown sweet potatoes

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **sweet potatoes** and **a pinch of salt**; cook, stirring once or twice, until they begin to brown, 4-5 minutes.



### 3. Add aromatics

Add **all but 2 tablespoons of the chopped onions** to pot with **sweet potatoes** (save rest for step 6). Cook, stirring occasionally, until softened, 2-3 minutes. Add **chopped ginger, all of the cumin, 2 tablespoons tomato paste, and ½ teaspoon warm spice blend**. Cook, stirring, until tomato paste starts to caramelize, 1-2 minutes.



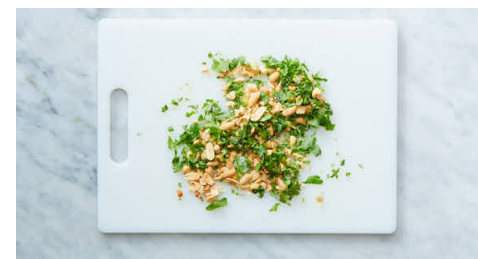
### 4. Simmer stew

Add **all of the peanut butter, 2 cups water, and 1 teaspoon salt**. Cook, stirring to incorporate peanut butter; bring to a simmer, then cover. Reduce heat to medium-low and simmer, stirring often to prevent sticking, until **sweet potatoes** are just tender but not falling apart, 10-15 minutes.



### 5. Add collard greens

While **stew** simmers, remove and discard stems from **half of the collard greens** and coarsely chop leaves (save rest for own use). Once **sweet potatoes** are tender, stir in collard greens and **¼ cup water**. Continue to simmer over low heat, covered, until collards are bright green and tender, about 3 minutes more. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Coarsely chop **cilantro leaves and tender stems** and **peanuts**; season with **salt**. Add water, a few tablespoons at a time, if needed to thin **stew** (veggies should be coated in a thick sauce). Serve **stew** topped with **a drizzle of oil, cilantro-peanut mixture, and remaining onions**. Enjoy!