
PEANUT STEW OVER RICE

Gluten-Free, Dairy-Free, Egg-Free, Vegetarian, Vegan

Yield: 4 servings **Total time:** 30 minutes



D'LISH

Ingredients

- 1 cup corn (canned or frozen)
- 2 tbsp olive oil
- 1/2 onion, chopped
- 2 Yukon Gold potatoes, diced
- 1 sweet potato, diced
- 3 garlic cloves, minced
- 1- 28oz can diced tomatoes, undrained
- 1- 12oz package frozen plain brown rice
- 1-15oz can chickpeas, drained and rinsed
- 1/3 cup peanut butter
- 1/2 cup water
- 1 tsp cumin
- 1 tsp allspice
- 1/2 tsp ginger
- 1/2 tsp turmeric
- 1 lemon, squeezed
- Optional: fresh cilantro

Directions

1. Wash and prep ingredients: chop onion, dice potatoes, mince garlic, defrost OR drain corn, open chickpea and tomato can.
2. In a large stockpot over medium-high heat, heat oil, onion, potatoes and sweet potatoes. Cook for 7 minutes, stirring until vegetables are golden brown. Then add garlic, cumin, allspice, ginger and turmeric. Cook and stir for 1 minute. Add water, cook and stir for 1 more minute.
3. Add the tomatoes with their juices to the stockpot. Cook for 15 minutes uncovered, stirring occasionally.

Grocery List

- Corn
- Olive oil
- Potatoes
- Garlic
- Diced tomatoes
- Brown rice
- Chickpeas
- Peanut Butter
- Lemon
- Spices: cumin, allspice, ginger, turmeric
- Fresh cilantro

Kitchen Equipment

- Cutting board
- Chef's knife
- Colander
- Can opener
- Measuring cups & spoons
- Stockpot
- Mixing spoon
- Microwave
- Serving bowls

4. While the tomatoes are cooking, cook the brown rice according to the package directions.
5. Into the tomato mixture, stir in the chickpeas, corn, and peanut butter. Reduce the heat to medium and cook for 1 minute and stir constantly to blend in the peanut butter.
6. Serve over cooked brown rice and top with lemon juice and fresh cilantro, if desired.

Per serving: Calories: 506; Total Fat: 24g; Saturated Fat: 3g; Sodium: 512mg; Total Carbohydrates: 70g; Fiber: 10g; Protein: 16g

Ingredient tip

- May substitute chickpeas for canned lentils.
- May add additional spices: crushed red pepper, cayenne pepper, paprika, chives
- May add additional toppings: hot peppers or chopped roasted peanuts

Spotlight Ingredient: Peanuts

- Peanuts are rich in protein, fiber and healthy monounsaturated fats. They are also an excellent source of: Magnesium, Folate, Vitamin E, Copper, and Arginine.
- Monounsaturated fat is considered a healthy fat because it can help lower your LDL or “bad” cholesterol and increase your HDL or “good” cholesterol which can reduce risk of cardiovascular disease.
- The fiber in peanuts can help to reduce inflammation throughout the body as well as aid in healthy digestion.
- Foods high in protein, like peanuts promotes fullness and preserves muscle mass.
- Peanuts are a low-glycemic food, which means that eating them won’t cause a spike in your blood sugar levels.

Notes