



Creamy African Stew

This hearty stew is packed with flavor and nutrients. Enjoy it as a stew or serve over brown rice to make it extra filling. Plus, it's ready in under an hour making it a perfect weeknight dinner.

Ingredients:

- 2 onions, sliced into half rings
- 1 carrot, diced
- 3 celery stalks, diced
- 2 sweet potatoes, cut into ½ inch cubes
- 1 cup low-sodium vegetable stock
- 28 ounce can diced tomatoes
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup all-natural peanut butter (100% peanuts)
- 1 cup lite coconut milk
- 15 ounce can chickpeas, rinsed and drained
- 2 cups chopped frozen spinach (or fresh spinach)

Instructions:

1. Add all the ingredients to a pot and cook over high heat until bubbly for 10-15 minutes.
2. Turn down heat and simmer for 30 minutes, or until the sweet potatoes are tender.
3. Alternatively, you can slow cook on medium in your crockpot for 2-3 hours.

