West African Groundnut Stew

In West Africa peanuts are commonly called groundnuts because they are grown underneath the dirt. Peanuts are found in many West African countries such as Ghana, Ivory Coast and Senegal.

Servings: 6
Prep time: 60 minutes

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Ingredients

- 2 cups water
- 1 cup long-grain rice
- 1/2 tsp salt
- 2 Tbsp canola oil
- 1 medium-size onion, chopped
- 3 small sweet potatoes, peeled and cut crosswise into 1/2-inch thick slices
- 1 cup sliced okra
- 2 cups shredded green cabbage
- 1- 13.75 ounce can low-sodium chicken broth
- 1/2 cup natural chunky peanut butter
- 3 bananas, peeled and thinly sliced
- 1 Tbsp chopped parsley
- 1/4 cup chopped unsalted peanuts

Directions

1. In a medium pot over high heat, heat water, rice, and salt to boiling.
2. Reduce heat to low; cover and simmer 20 minutes until rice is tender.
3. Meanwhile, in a 12-inch skillet over medium heat, heat the oil. Add the onion. Cook 5 minutes.
4. Add the sweet potatoes, okra and cabbage.
5. Cook 10 minutes longer stirring occasionally.
6. Stir in chicken broth, peanut butter, bananas, and chopped parsley; heat to boiling.
7. Reduce heat to low; simmer, uncovered, 5 minutes until thickened. Serve mixture over rice. Sprinkle with chopped peanuts.

Serving suggestion
Serve Groundnut Stew over rice, and for an extra kick of flavor, add a dash of red pepper.

*Nutrition info per serving: Calories: kcal 400; Fat 19g; Sodium 340mg; Carb 50g; Fiber 7g; Protein 11g; Vit A 190%; Vit C 35%; Calcium 6%; Iron 8%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories