SWEET POTATO PEANUT STEW

INGREDIENTS  Serves: 4  |  Serving Size: 1 cup

- vegetable oil  2 tablespoons
- red onion  1 medium
- garlic powder  1/2 teaspoon
- ground ginger  1/2 teaspoon
- low sodium chicken broth  5 cups (40 oz)

- sweet potatoes  3 small
- no salt added diced tomatoes  1 - 15 oz can
- collard greens  1 - 15 oz can, drained
- peanut butter  1/2 cup
- salt & pepper  1/4 teaspoon each

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INSTRUCTIONS

1. PREP VEGETABLES

Peel and chop red onion. Peel and cube sweet potatoes into 1-inch cubes.

2. COOK ONION

Heat vegetable oil in a large pot over medium-high heat, add onion and cook until soft, about 5 minutes.

3. ADD SEASONINGS

Add salt, pepper, garlic powder and ground ginger to onions and cook for 30 seconds.

4. PREPARE THE STEW

Pour chicken stock into the soup and add sweet potato cubes.

5. LET SIMMER

Bring stew to a boil then reduce heat to low. Cover the pot partially with a lid and simmer for 15 minutes.

6. ADD FINISHING TOUCHES

Stir in tomatoes, collard greens and peanut butter. Partially cover pot and cook for 20 minutes, stirring occasionally.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>Calories: 420</th>
<th>Total Carbohydrate: 39g</th>
<th>Protein: 17g</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>25g</td>
<td>Dietary Fiber: 5g</td>
<td>Sodium: 430mg</td>
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