

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



INSTRUCTIONS

1. PREP VEGETABLES



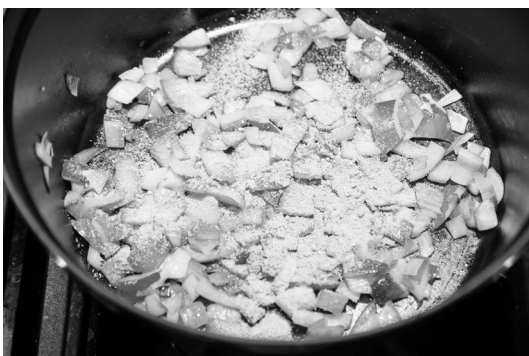
Peel and chop red onion. Peel and cube sweet potatoes into 1-inch cubes.

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

Calories: 420

Total Carbohydrate: 39g

Protein: 17g

Total Fat: 25g

Dietary Fiber: 5g

Sodium: 430mg

LOWCOUNTRY FOOD BANK



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