



## AFRICAN/THAI STEW

- 1 Tbsp. olive oil
- 1 medium onion, sliced thinly
- 2 tsp. minced garlic
- 2 stalks celery or other vegetable (I often use green beans or peas)
- 1 pepper, diced
- 28 oz. tin diced tomatoes
- 3 cups vegetable broth
- 2 medium sweet potatoes, peeled & diced
- 2 cans chick peas (rinsed)
- 1 tsp. cumin
- 1 tsp. curry powder
- 1 tsp. coriander
- 1 tsp. chili powder
- 2 tsp. ginger, minced
- fresh ground pepper to taste
- 4 Tbsp. peanut butter, heaping
- 2 or 3 Tbsp. fresh cilantro, chopped

Heat oil in large fry pan. Add onions & garlic and cook 5 minutes;  
Add celery & pepper. Continue cooking another few minutes;  
Add tomatoes, vegetable broth, sweet potatoes, chick peas and all the spices;  
Simmer covered for 40 minutes;  
Stir in peanut butter and cilantro and continue cooking another 10 minutes or so.

Serving suggestions: I serve with basmati rice and crusty bread. This recipe makes a lot of stew but it freezes very well.

Enjoy. Sylvia