



Mafe - Sweet Potato Peanut Stew

PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVINGS: 4

INGREDIENTS:

- 2 tsp cooking oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 large sweet potato, chopped into 1-inch cubes
- 4 cups chopped collard greens or kale
- 1 (15 oz) can diced tomatoes,
- 2 cups vegetable broth
- 1 Tbsp curry powder
- 1/4 cup peanut butter or sunflower seed butter
- 1 tsp dried thyme or oregano
- Salt, to taste
- Rice, for serving (optional)

DIRECTIONS:

- Heat oil in large pot over medium heat.
- Sauté onion until translucent, about 3 minutes. Add garlic and cook for 30-60 seconds, stirring frequently.
- Add sweet potato and cook for 3-4 minutes, stirring occasionally.
- Add diced tomatoes, vegetable broth, and curry powder and bring to a boil. Reduce heat, cover, and simmer for 10 minutes.
- Stir in peanut butter, collard greens or kale, and thyme or oregano. Cover and cook for another 3-5 minutes, or until sweet potatoes are tender.
- Add salt to taste. Serve over rice, if desired. Enjoy!
- Cool and refrigerate any leftovers within 2 hours and enjoy within 5 days.

RECIPE NOTES:

- You can add 1 (15 oz) can of chickpeas or black-eyed peas if desired