Mafe (Sweet Potato Peanut Stew)

Recipe adapted from Oldwayspt.org

INGREDIENTS

2 tsp olive oil
1 medium yellow onion, diced
2 garlic cloves, minced
1 large sweet potato, cubed (~1 inch bites)
2 large carrots, sliced into thin rounds
15 oz can diced tomatoes
2 cups vegetable broth
1 Tbsp curry powder
1/4 cup creamy peanut butter
1 tsp dried thyme (can skip if don't have)
1/2 tsp salt, or to taste

PREPARATION

1. Dice onion and mince garlic. Scrub sweet potato and carrots under running water and pat dry before cutting.
2. Over medium heat, heat oil in a large pot. Add onion and cook for 3 minutes or until translucent. Add garlic and cook for 1 min, stirring often.
3. Add sweet potato and carrots and cook for 3-4 minutes.
4. Add diced tomatoes, vegetable broth, curry powder and salt. Bring to a boil, cover, reduce heat and simmer (soft boil) for 10 minutes. Sweet potatoes should be fork-soft.
5. Stir in peanut butter and add thyme (if using). Cover and cook for 3 minutes. Serve and enjoy!
6. Store leftovers in the refrigerator; eat within 1 week.

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