# Vegan Peanut Stew



This is a recipe that Gwen in the kitchen loves and is tasty and warming, comprising a rich peanut and tomato sauce, sweet potato, spinach or kale,  and crunchy peanut, it is easy to make and serves 6. Mmmm Yummy!

## Ingredients

1 tablespoon olive oil
4 clove garlic
1 tablespoon grated ginger
1 sweet potato
1 onion
1 red pepper
16 oz can of tomato paste (or add 1 carton tomato passatta and 1 tablespoon Tom purée )
1 teaspoon cumin, half teaspoon dried crushed chillies
Half cup crunchy peanut butter
6 cups veg broth using stock pot/ cubes ( reduce amount  of broth if using passatta, to 3 cups)
Half bunch spinach or kale.
Optional- coriander/ chopped peanuts to serve.

## Method

1. Peel/ grate ginger. Mince garlic. Dice onion. Slice red pepper.
2. Sauté all in large pot with the Olive Oil over medium heat- 5 mins or until onion soft.
3. While cooking, dice the sweet potato into half inch cubes.
4. Add the potatoes, cumin and dried chillies to pot and sauté a further 5 - 10 mins,
5. Add tomato paste, peanut butter, veg broth to pot. Stir until the peanut butter and tom paste has dissolved.
6. Place lid on pan, turn heat up to bring to boil, then turn down to medium- low simmer. Cook for approx 20 mins, until pots / pepper soft.
7. While waiting prepare greens. Remove the stems, stack leaves and cut into half inch strips. Rinse.
8. When stew ready, stir in greens and cook 5-10 mins more.
9. Taste stew, add salt , black pepper if required.
10. Serve with couscous or cooked rice .Garnish with chopped coriander and chopped peanuts if desired.