**African Peanut Stew**

*Makes 4-6 servings*

Olive oil  
1 medium onion, diced  
3 cloves garlic, minced  
1 inch piece ginger, minced (or 1/2 tsp dry ginger)  
1 bell pepper, diced  
1 jalapeno, diced (optional)  
1 medium sweet potato, chopped into ½ inch pieces  
1 (28 oz) can diced tomatoes with juice  
Sea salt, black pepper  
½ cup natural peanut butter  
4 cups veggie broth  
1 ½ tsp chili powder  
¼ tsp cayenne  
2 tsp turmeric  
1 (15 oz) can chickpeas, drained and rinsed  
2 handfuls baby spinach or torn kale leaves  
Fresh cilantro, for serving

In a large saucepan, heat oil over medium heat. Add the onion, garlic, and ginger. Saute for 5 minutes until onion is translucent.

Add the bell pepper, jalapeno, sweet potato, and tomatoes. Raise the heat to medium high and simmer for 5 minutes. Season with salt and pepper.

In a bowl, whisk together peanut butter and 1 cup of vegetable broth until no lumps remain. Stir the mixture into the vegetables along with the remaining 3 cups of broth. Add the spices.

Cover the pan with a lid and reduce the heat to medium low. Simmer for 10-20 minutes or until the sweet potato is fork tender.

Stir in the chickpeas and spinach/kale. Cook until greens are wilted. Season to taste and garnish with cilantro and peanuts.

**Notes:** Substitute or add other vegetables. Serve over brown rice.