

African Rice and Peanut Stew



This low calorie recipe is great to sip, slurp, syringe, or spoon as a wholesome snack.



Nutrition Info

Makes: fluid ounces
= 12 cups
= milliliters (mL)

Calories: 360 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 50.2%

Protein: 13.3%

Fat: 36.5%

Make it for the whole family:

<http://www.savorlifefood.com/blog/spicy-vegetarian-rice-and-peanut-stew>

African Rice and Peanut Stew

Ingredients

- 1 tablespoons Canola or olive oil
- 1 large sweet potato, diced
- 2 medium zucchini, diced
- $\frac{2}{3}$ cup vidalia onion, diced
- 4 cloves fresh garlic, minced
- 4 cups low-sodium chicken stock (no added salt)
- 2 teaspoons dried thyme
- 1 teaspoon ground cumin
- 28 ounce canned tomatoes with green chilis (or use mexican stewed tomatoes)
- 1 14 ounce can garbanzo or cannellini beans, drained and rinsed
- 2 cups cooked short grain brown rice
- $\frac{1}{2}$ cup smooth peanut butter (I prefer more PB but it does increase the fat)
- Water (optional)

Kitchen Gear

Can opener

Chef knife

Cutting board

Measuring tools:

- 1 cup
- Tablespoon

Preparation

1. Heat oil, cook sweet potato, zucchini, and onion. Add garlic and cook for 2 minutes.
2. Stir in chicken stock, thyme and cumin and bring to a boil.
3. Reduce heat and simmer 5 minutes or until veggies are tender - stir often
4. Stir in tomatoes and garbanzo beans. Simmer another 5 minutes to heat thoroughly
5. Stir in rice. Stir in peanut butter until melted evenly.

To blend:

Add desired portion to blender, blend until completely smooth. Strain if necessary. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

Serve chunky or pureed. I prefer chunky.

Garnish with fresh cilantro and a dollop of Greek yogurt or sour cream.

Make this recipe gluten free by selecting a chick stock brand that does not contain gluten.



For more recipes and information visit www.CookingForTubies.com
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