

West African Sweet Potato Stew

Servings: 6

Diet: Vegan & Vegetarian

Ingredients

- 1 tablespoon oil
- 1 medium onion, diced
- 3 medium sweet potatoes, peeled and cubed
- ¼ cup peanut butter
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can whole kernel corn, no salt added, with liquid
- 1 (15 ounce) can black beans, no salt added, with liquid
- 1 teaspoon chili powder
- ¼ teaspoon ground ginger
- ¼ teaspoon cayenne pepper
- 1 teaspoon salt

Instructions

STEP 1: Heat oil in a large pot over medium heat. Add the onions and cook until tender, about 5 minutes. Add spices and stir for 1 more minute.

STEP 2: Add the remaining ingredients and stir. Cook to a boil, then reduce to low.

STEP 3: Cover and cook 20-25 minutes, stirring occasionally until sweet potatoes are tender.



- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!
- **Ingredient Swap:** Any beans will work! Try pinto or kidney.



Per Serving: 290 Calories | 44g Carbs | 11g Sugar | 9g Fiber | 9g Fat (1.5g Sat Fat) | 10g Protein | 510mg Sodium

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