

Sweet Potato Peanut Stew

A favorite plant-based recipe perfect for the Fall. This recipe has enough protein and carbohydrate that it can be served as the main entrée along with a salad or grilled vegetables.

Ingredients:

1 Tablespoon corn oil

1 small yellow onion, chopped

1 red bell pepper, chopped

2 garlic cloves, minced

1 teaspoon ground cumin

1 teaspoon ground allspice

½ teaspoon ground ginger

¼ teaspoon cayenne pepper

2(15 ounce) cans no salt added crushed tomatoes

2 large, sweet potatoes, peeled and diced

2 cups low sodium vegetable broth

½ cup natural peanut butter (use peanut butter that has only 1-2 ingredients...peanuts and salt or just peanuts)

Directions:

In a large soup pot or Dutch oven, heat the oil over medium heat. Add the onion, bell pepper, and garlic and sauté for about 5 minutes until the vegetables are softened. Add the spices- cumin, all spice, ginger, and cayenne and stir to coat. Stir in the tomatoes, sweet potatoes, vegetable broth and peanut butter.

Reduce the heat to low, cover the pot and simmer for 25 minutes while stirring occasionally. Cook the stew until the sweet potatoes are very soft.

Nutrition:

4 servings (1 cup = serving size)

395 calories, 12 grams protein, 35 grams carbohydrate, 9 g fiber, 19 grams fat, 3 grams saturated fat and 213 mg sodium

Recipe taken from: Heart Healthy Meal Prep book by Lisa Andrews, RD

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