



"The Local Buy" Recipe, Episode 612

Sweet Potato, Red Lentil, and Peanut Stew

Adapted from From My Bowl

<https://frommybowl.com/sweet-potato-peanut-stew/>

Ingredients

- 2 tablespoons oil (olive, vegetable, or canola) or ghee
- 3-5 cloves of garlic, minced
- 1 onion, diced (red, white, or yellow)
- 1 teaspoon dried powdered ginger
- 1 tablespoon curry powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 6 ounce can tomato paste
- 28 ounce can of diced tomatoes with juice
- 1/3 cup of peanut butter
- 2-3 large sweet potatoes, cut into ½-inch cubes
- 1 ½ cups dried red lentils
- 3 cups of vegetable broth or water
- 1 bunch of chard, kale, collards, or other leafy greens, de-stemmed and chopped



Yields 8-10 servings.

Directions

1. Chop the garlic, onion, sweet potatoes, and greens.
2. Mix together the dry spices in a small bowl.
3. Heat up a large pot on medium. When it gets hot, add the oil and let it heat up for a minute or so. Be careful not to heat the oil too much or it will smoke.
4. Add the onion and garlic to the hot oil. Cook for about 7 minutes until the onion softens and you can start to see browning of both the onion and garlic.
5. Add the spices to the pot. Cook for 2-3 minutes until you can smell the spices.

6. Add the tomato paste, diced tomatoes with their juice, and peanut butter. Stir all ingredients until they are evenly mixed together.
7. Put the sweet potatoes, lentils, and broth or water into the pot. Stir all ingredients to combine before turning the heat to high and letting the liquid start to boil.
8. Turn the heat down to low and cover the pot. Cook on low for about 20 minutes, stirring occasionally.
9. Turn off the heat and let the stew cool before enjoying. Add salt at the table to your taste.