

## Groundnut Stew

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|---|----------------------------|
| 2 Tbsp. oil                             | 2 cans (14.5 oz. each)     |
| 3 Tbsp. fresh ginger, grated            | diced tomatoes, undrained  |
| 1 clove garlic, minced                  | 1½ cups vegetable broth    |
| 2 Tbsp. ground coriander                | ½ cup dry TSP              |
| ½ tsp. salt                             | 1 cup tomato juice         |
| ½ tsp. ground red pepper<br>(cayenne)   | ½ cup creamy peanut butter |
| 1 onion, chopped                        | Cooked rice, optional      |
| 2 green or red bell peppers,<br>chopped |                            |

Heat the soybean oil in a deep skillet. Add the grated ginger, minced garlic, ground coriander, salt and ground red pepper; sauté, stirring constantly, for 1 minute. Add the chopped onion and continue to cook until the onion is tender.

Add the chopped bell peppers, undrained tomatoes, and the vegetable broth. Simmer for 5 minutes.

Stir in the dry TSP and simmer for 10 minutes

Stir in the tomato juice and peanut butter and simmer for 5 minutes. Remove from heat and serve hot, preferably over rice.

Makes 7 servings

*Nutrition Facts per serving: 220 Kcal, 14 g fat, 17 g Carbohydrate, 10 g Protein, 5 g Fiber, 0 mg Cholesterol, 700 mg Sodium*

*Nutrition Facts per Serving using Ground Chicken in place of TSP:  
270 Kcal, 20 g Fat, 14 g Carbohydrate, 13 g Protein, 4 g Fiber, 25 mg Cholesterol, 720 mg Sodium*