

# RESCUE\*RECIPE- AFRICAN STYLE PEANUT STEW

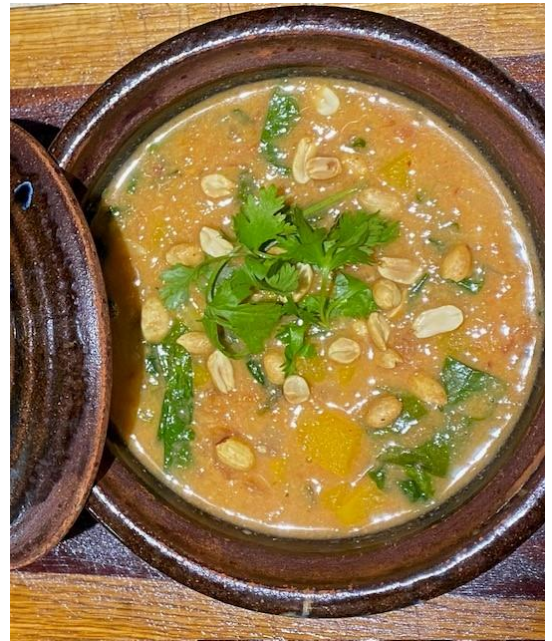
## INGREDIENTS

- 1 Tbsp vegetable oil
- 1 onion chopped diced
- 3 cloves garlic minced
- 1 yellow or red bell pepper chopped
- 1 jalapeño pepper finely chopped
- 2 cups butternut squash cubed (or substitute sweet potato)
- 8 tomatoes, skinned and chopped (or one large can chopped tomatoes)
- 2 cups broth (can be made from boiling water and stock cube)
- 1 tsp salt
- 1 tsp chilli flakes
- ¼ tsp cayenne pepper
- 4 cups spinach washed, ripped
- Fresh cilantro chopped
- Dry roasted peanuts to serve

## DIRECTIONS

**Step 1** – if using old, soft or damaged tomatoes. Cut off any unusable bits.

Items in red have been rescued\* from disposal.



**Plunge tomatoes into boiling water for 3 minutes to loosen skin. Drain. Peel. Then chop remaining flesh.**

**Step 2** – heat oil on medium heat in large saucepan, add onion & garlic- cook 5 min

**Step 3**- Add peppers and squash. Continue cooking to soften. 5 min

**Step 4** – Add tomatoes, spices. Cook 20 minutes - stir occasionally.

**Step 5** – Mix peanut butter with warm broth. Add to stew. Continue cooking with lid off. Add spinach to wilt.

**Serve hot with cilantro and peanuts sprinkled on top**

## FUNKY FOOD FACT

PEANUTS ARE A PROTEIN RICH FOOD. EATING FOODS HIGH IN PROTEIN HELP YOU FEEL FULLER, FOR LONGER WITH FEWER CALORIES.

OVER A CENTURY AGO, DURING MEAT RATIONING, ON “MEATLESS MONDAYS” THE #1 CHOICE WAS PEANUT BUTTER!