

1 Pan Peanut Stew with Greens

Serves: 2-3

INGREDIENTS:

- 1 tbsp olive oil
- 1 small yellow onion, diced
- 2 tbsp fresh grated ginger
- 4 cloves minced garlic
- 1 tsp cumin
- 1 tsp salt
- 2 cups bone broth or low sodium vegetable broth
- 1 medium - large sweet potato, peeled + diced
- 1 small can tomato paste
- 1/2 cup natural, creamy peanut butter
- 1 cup pumpkin puree
- 1 can chickpeas, drained/rinsed
- 1 cup spinach/kale or broccoli to serve
- Optional: crushed peanuts and cilantro on top
- Optional: organic, non-gmo Tofu, drained



Serving size: 1 cup mixture + 1 slice added tofu or 1 cup protein of choice + greens of choice

INSTRUCTIONS:

1. Heat the olive oil in a pan and add in the onion, garlic and ginger. Cook for several minutes until fragrant and onions are translucent.
2. Season with cumin and salt, toss around. Then add in the sweet potato.
3. Now add the broth, tomatoe paste, pumpkin, peanut butter and chickpeas. Stir all together until creamy. Bring to a low simmer for 30-ish minutes until sweet potatoes are soft.
4. For added protein, add a slice of tofu to each serving or crumble into the mixture as it cooks.
5. If serving with broccoli, bring a pot of water to a boil and cook until fork tender. Drain, rinse and set aside. If adding greens, saute them over medium heat in a small pan with salt/pepper until wilted. Add everything to a bowl and serve.

Serving size: Would be delicious served with chicken or ground turkey!