



AFRICAN PEANUT STEW

Banish cold nights with this hearty, warming stew. Packed with colorful veggies and tofu and served alongside a bowl of brown rice, this dinner is sure to satisfy.

1 medium eggplant, peeled and cut into 1-inch cubes
3 tablespoons peanut oil, divided
1 teaspoon salt, divided
2 large onions, chopped
2 cloves garlic, minced
2 tablespoons finely grated ginger
2 teaspoons curry powder
1/4 teaspoon ground cinnamon
3 cups low-sodium vegetable broth
1-14 ounce can no-salt-added diced tomatoes
1/2 pound collard greens, tough rib removed and discarded, leaves chopped
1/2 pound sweet potato, peeled, cut into 1-inch cubes
2 medium red bell peppers, chopped
14 ounces extra firm tofu*
1/4 cup natural-style peanut butter
1 cup medium- or long-grain brown rice

- 1. Preheat** the broiler on high.
- 2. On** a sheet pan, toss the eggplant with 1 tablespoon of the oil and 1/2 teaspoon of the salt. Broil about 6 inches from the heat, tossing occasionally, until golden brown, 10 to 12 minutes.
- 3. Heat** the remaining 2 tablespoons oil in a large, heavy pot, over medium heat. Add the onions and cook, stirring, until softened, about 5 minutes. Add the garlic, ginger, curry powder, the remaining 1/2 teaspoon salt, and the cinnamon, and cook, stirring for 1 minute.
- 4. Stir** in the broth, tomatoes with their juices, collard greens, sweet potatoes, bell peppers, and broiled eggplant and bring to boil. Lower the heat to medium-low and simmer, covered, until the vegetables are tender, about 15 minutes.

(instructions continued on next page)



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To Prepare Side of Brown Rice:

- 1. Place** the rice in a large strainer or colander and rinse it thoroughly under cool water.
- 2. In** a pot, combine the rice and 2 cups of water. Stir in a teaspoon of salt.
- 3. Bring** to a boil, then reduce heat to low and cover. Cook for 45 minutes. Do not uncover the pot to check the rice during cooking.
- 4. Turn** off the heat, and let the rice sit in the covered pot for another 10 to 15 minutes.
- 5. Fluff** and serve.

- 5. Meanwhile,** place the tofu on a cutting board and slice it into small strips or cubes (no thinner than a half-inch) with a knife.
- 6. Add** the tofu and allow the stew to continue simmering for another 10 minutes. Stir the soup gently from this point forward to avoid breaking the tofu into smaller chunks.
- 7. Stir** in the peanut butter and simmer until it is incorporated, 3 minutes. The stew may be refrigerated or frozen at this stage. Serve garnished with the chopped peanuts alongside brown rice.

***Note:** tofu needs to be well drained of water (wrap in several changes of paper towel). Think of tofu as a sponge. It needs to be dried to soak up all the lovely flavors of the sauce.

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