

West African Peanut Stew (Domoda-Style, Gluten-Free, Vegan)

Ingredients

- 2 tbsp oil
- 1 onion, diced
- 1 tbsp fresh ginger, grated
- 3 garlic cloves, minced
- 1–2 chiles or ½ tsp chili flakes (optional)
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 1 can (14 oz) crushed tomatoes
- 4 cups gluten-free vegetable broth (or water)
- ½ cup natural peanut butter (just peanuts + salt)
- 1 large sweet potato, peeled, ¾-inch cubes
- 1 red bell pepper, chunks
- 3 cups chopped greens (collards or kale)
- 1 tsp salt (or to taste)
- Lime wedges and chopped cilantro to serve
- Cooked rice (GF), for serving

Instructions (step by step)

- 1.Aromatics: Heat oil in a pot over medium heat. Add onion; cook 4–5 minutes until translucent. Add ginger, garlic, and chili; cook 1 minute.
- 2.Spices: Add smoked paprika and cumin; stir 30 seconds to bloom.
- 3.Base: Add crushed tomatoes and broth. Bring to a simmer.
- 4.Peanut butter: Whisk in peanut butter until fully dissolved and smooth.
- 5.Vegetables: Add sweet potato. Simmer 15 minutes. Add bell pepper and chopped greens; simmer 8–10 minutes until sweet potato is tender and stew is slightly thick.
- 6.Finish: Add salt to taste. If too thick, add a splash of broth; if too thin, simmer a few more minutes.
- 7.Serve: Ladle over hot rice. Top with lime juice and cilantro.

Benefits

- Plant protein and healthy fats from peanuts.
- Beta-carotene and fiber from sweet potatoes and greens.

- Satisfying and naturally gluten-free when using GF broth.