

## Sweet Potato and Peanut Stew

**Yield:** 5-6 servings.

### ***Ingredients:***

#### *For the stew:*

- 1 tablespoon olive, canola or vegetable oil
- 1 ½ cups yellow onion, diced
- 1 ½ cups red bell pepper, diced
- 3 garlic cloves, minced (or 1 ½ teaspoons of jarred minced garlic)
- ½ - 1 cup roasted peanuts, whole or chopped
- ½ teaspoon salt, or more to taste
- ½ teaspoon pepper, or more to taste
- ½ to 1 teaspoon crushed red pepper
- 4 cups (about 1 ½ pounds) sweet potatoes, peeled and cut into 1-inch cubes
- 2 ½ cups (about 1 pound) small red potatoes, quartered
- 3 cups vegetable broth
- 1 (28-ounce) can diced tomatoes, undrained

#### *Suggested toppings:*

- Sour cream
- Chopped chives
- More peanuts

### ***Instructions:***

1. Heat oil in a large pot over medium heat. Add onion and bell pepper; sauté 5 minutes, or until tender. Add garlic; sauté 30 seconds. Stir in peanuts, salt, pepper, and crushed red pepper; sauté 2 minutes.
2. Add sweet potatoes, red potatoes, vegetable broth, and tomatoes; bring to a boil. Cover, reduce heat to low, and simmer for 1 hour, or until potatoes are tender.
3. Mash the potatoes slightly to achieve desired consistency. Top with sour cream, chives and additional peanuts.