Vegetarian Groundnut Stew

Makes 6 servings

From A World Community Cookbook

From the cookbook: “…Inspiried by peanut stews served in West Africa.”

From Bupperts: “So, so delicious!! Please make it again!”

2 c. onion, chopped

2-3 cloves garlic, minced

* In a large frying pan, sauté 1 Tbsp. oil until translucent.

3 c. winter squash, peeled and chopped

2 c. cabbage, chopped

1 dried chili pepper or ground red pepper to taste

* Add and sauté until flavors are mixed

3 c. tomato juice, or pureed tomatoes

1 c. apple juice

1-2 tsp. ginger root, peeled and minced

* Add, cover, and simmer until squash is tender, about 20 minutes

1-2 c. green beans

* Add and simmer 5 minutes more

½ c. peanut butter

* Stir in and simmer at very low heat until ready to serve. Serve on top of brown rice or millet with toppings (optional): chopped green onions, parsley, cilantro, peaches or other fruit, crushed peanuts, flaked coconut