

## African Sweet Potato Stew with Red Beans

Adapted from a recipe in *Cooking Light Magazine*.

Serves 6



This slow-cooker recipe is hearty, with a rich, spicy flavor. It's excellent served over quinoa, whole-wheat couscous, or brown rice. As with many slow-cooker recipes, this can be turned on in the morning before you leave for the day, and you'll return home to a fragrant, delicious meal.

### Ingredients:

- 1 large onion, chopped
- 4 garlic cloves, minced
- 4 cups yams or sweet potatoes, about 1½ pounds, cut into ½ inch cubes
- 1½ cups cooked small red beans (white beans can also be used), OR 1 can cooked beans, drained and rinsed
- 1½ cups vegetable stock or low sodium vegetable broth
- 1 red bell pepper, finely chopped
- 1½ pounds fresh tomatoes, cored, seeded, and diced
- ½ cup water, plus additional water for sautéing garlic and onions
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon ground cumin
- ¼ teaspoon chili powder, or to taste
- 3 tablespoons peanut butter
- 3 tablespoons chopped peanuts
- 6 lime wedges
- salt and pepper to taste

### Directions:

Sauté onion and garlic in 3 Tablespoons water for one minute, then cover and cook 5 minutes or until tender.

Place onion mixture in a 5-quart electric slow cooker. Add sweet potatoes and next 8 ingredients (through chili powder). Cover and cook on low for 8 hours or until vegetables are tender.

Spoon 1 cup cooking liquid into a small bowl. Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Salt and pepper to taste. Top with chopped peanuts; serve with lime wedges.