



A Nutrition Resource

PEANUTTY AFRICAN STEW

Yield: 8 Servings | Serving Size: 1 cup

Cost/serving: \$1.02

Ingredients:

- 1 cup instant brown rice
- 2 cups chicken broth
- 1 teaspoon dry onion, minced
- 1/2 teaspoon garlic powder
- 2 cups sweet potatoes, peeled and cut into small squares
- 1 (14.5-ounce) can diced tomatoes with liquid
- 1/2 teaspoon salt (optional)
- 1/2 cup creamy peanut butter
- 1 1/4 cups nonfat milk
- 3 cups spinach leaves, chopped

Directions:

- 1) Combine rice, broth, onion, garlic powder, sweet potato, tomatoes, and salt in a soup pot. Bring to boil; then turn down to medium low. Cover; simmer for 10 minutes.
- 2) Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
- 3) Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat. Ladle stew into bowls. If desired, top with peanuts and green onions.

Option: Substitute 12 ounces frozen spinach for fresh. Add chopped cilantro, red and green peppers, or raisins.

Nutrition Facts

8 servings per container
Serving size 1 cup (252g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	10%
Potassium 439mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION