



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.



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