



Ghanaian Peanut Beef and Tomato Stew

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“Groundnut stew’s popularity extends beyond Ghana throughout West Africa. Freshly roasted groundnuts (aka peanuts), which are naturally a little savory and sweet, thicken this hearty onion, pepper and tomato mix. That vegetable trio forms the base of most West African stews. What goes in after this is up to the cook. I add meat to the mix to turn this into a really hearty one-pot meal. It’s important to treat the meat right. First, you want to invest salt into the meat, coating it generously even before it hits the pot. Then, you need to brown it. Yep, it takes time, but if you don’t do it, you’ll end up with gray beef that tastes steamy. Finally, you have to let it simmer until it buckles under a butter knife. If you’re gonna splurge on beef, you gotta do right by it. When you do, it’s a delicious addition to this iconic stew.” – Carla Hall

Ghanaian Peanut Beef and Tomato Stew

Recipe adapted from *Carla Hall’s Soul Food*, pg. 214

Serves 6

Ingredients

- 1 $\frac{3}{4}$ pounds beef chuck, cut into 1-inch cubes
- Kosher salt and freshly ground black pepper
- 2 tablespoons peanut or vegetable oil
- 1 $\frac{1}{2}$ cups chopped onion
- 1 red bell pepper, stemmed, seeded, and cut into 1-inch chunks
- $\frac{1}{2}$ habanero chile, seeded and finely chopped
- 2 garlic cloves, minced
- 2 tablespoons grated peeled fresh ginger
- 1 tablespoon ground cumin
- 2 carrots, peeled and cut into 1 $\frac{1}{2}$ -inch chunks
- 2 yams, peeled, quartered, and cut into 1-inch chunks
- 1 (14.5-ounce) can diced tomatoes
- 3 tablespoons creamy peanut butter
- Dry roasted peanuts, chopped, for serving
- Lime wedges, for serving

Directions

Toss the beef with 2 teaspoons salt in a large bowl. Heat 1 tablespoon oil in large Dutch oven over high heat. Add enough beef to fit in a single layer, spacing the cubes $\frac{1}{2}$ inch apart. Cook, turning, until browned on all sides, about 7 minutes. Transfer to a plate. Repeat with the remaining beef.

Reduce the heat to medium and add the remaining 2 tablespoons oil, then the onion, pepper, and 1 teaspoon salt. Cook, stirring often, until the onion is just translucent, about 3 minutes. Add the chile, garlic, ginger, and cumin and cook, stirring, until fragrant, about 1 minute. Stir in the carrots, yams, tomatoes, beef with any accumulated juices, and 4 cups water. The liquid should cover the solids. If not, add more. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the beef is tender, about 1 hour 20 minutes.

Ladle $\frac{1}{2}$ cup cooking liquid into a small bowl. Add the peanut butter and $\frac{1}{2}$ teaspoon pepper. Stir until smooth. Pour the mixture back into the stew, along with $\frac{1}{2}$ teaspoon salt. Stir well. Season to taste with salt and pepper.

Divide among serving bowls, top with chopped peanuts, and serve with lime wedges.



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