

Peanut Chicken Stew

Serves: 8 to 10

Recipe from *Soul Food Love* by Alice Randall and Caroline Randall Williams

3 cups chopped cooked chicken
1 ½ cups natural peanut butter
1 (28-ounce) can diced tomatoes, drained,
or 3 ½ cups diced fresh tomatoes
1 tablespoon curry powder
1 teaspoon cayenne pepper
1 quart Sweet Potato Broth (recipe follows)
Salt
½ cup chopped roasted unsalted peanuts

Put the chicken, peanut butter, tomatoes, curry powder, and cayenne in a medium pot and pour in the sweet potato broth. Season with salt to taste. Simmer over medium heat until the peanut butter is completely blended and the stew has a thick, even consistency, 20 minutes.

Ladle the stew into bowls and serve, sprinkling the chopped nuts over the top as a garnish.

Sweet Potato Broth

Makes 1 quart

1 medium onion, sliced
3 celery stalks, chopped
Olive oil
1 large sweet potato
5 whole cloves
Salt and pepper

In a large stockpot, sauté the onion, celery, and carrot in a tablespoon or so of olive oil—just enough to cover the bottom of your pot—over low heat. Meanwhile, peel and quarter the sweet potato. When the onion has softened, after about 8 minutes, add the sweet potato to the pot along with 6 cups of water, the cloves, and a little salt and pepper. Bring to a boil, then lower the heat and simmer until the sweet potato is completely soft, about 30 minutes.

Fish out the cloves, then puree the mixture in a blender or food processor, or if you're working without fancy tools, by mashing the sweet potato into the side of the pot with a wooden spoon and stirring. If not using immediately, let cool, then cover and refrigerate for up to 5 days or freeze for up to 2 months.

