

Groundnut Stew

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Recipe source: [Carla Hall](#), *From Cooking With Love: Comfort Food that Hugs You*



INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 large yellow onion, chopped
- 1/2 teaspoon cumin seeds
- 2 teaspoons kosher salt
- 1 large red bell pepper, stemmed, seeded, and chopped
- 1 jalapeño chile, stemmed, seeded, and finely diced
- 2 garlic cloves, minced
- 2 1/2 teaspoons grated peeled fresh ginger
- 1 14.5-ounce can diced fire-roasted tomatoes
- 1 quart vegetable stock
- 1 fresh or dried bay leaf
- 1/4 habanero chile, stemmed, seeded, and minced, plus more if you like
- 1 large sweet potato, cut into 1/2-inch dice
- 1 15-ounce can small red beans, rinsed and drained
- 3 tablespoons creamy natural peanut butter
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup roasted, salted peanuts, chopped
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 1 tablespoon chopped fresh mint leaves
- 1 lime, cut into wedges

DIRECTIONS:

- Heat a large, deep skillet over medium heat. Add the oil and swirl to coat the bottom of the pan. Add the onion, cumin, and 1 teaspoon salt. Cook, stirring occasionally, until the onion has lightly browned and caramelized a little, about 3 minutes.
- Add the bell pepper, jalapeño, garlic, and ginger. Cook, stirring, for 1 minute. Don't let the mix burn!
- Add the tomatoes, stock, bay leaf, 1/2 teaspoon salt, and the habanero. Bring to a boil over high heat, then reduce the heat to low and simmer for 30 minutes.
- Stir in the sweet potato and raise the heat to medium. Cook until tender, about 15 minutes, then stir in the beans.
- Transfer 1/2 cup liquid from the pan to a small bowl. Stir in the peanut butter until smooth, then add the peanut butter mixture back into the pan. Resist the urge to just throw the peanut butter straight into the soup; it doesn't work!
- Stir in the pepper and 1/2 teaspoon salt or more to taste.
- At this point, the soup can be refrigerated for up to 3 days; otherwise, return the soup to a simmer, then remove and discard the bay leaf. When ready to serve, garnish with the peanuts, parsley, and mint. Serve with the lime wedges.