



## **Nigerian African Groundnut Stew**

*Also called West African Peanut Stew*

- 12 ounces skinless, boneless chicken thighs  
trimmed, cut into one-inch pieces
- 2 Tablespoons liquid coconut oil
- 10 ounces chuck roast or beef stew meat, cut into 1-inch pieces
- 1 large onion, skinned, chopped
- 1 large green pepper, seeded, chopped
- 1 large clove garlic, minced
- 1 (28 ounce) can whole tomatoes, cut up
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon smoked ground red pepper or to taste
- 2 cups chicken broth (if desired for more gravy)
- 1 sweet potato, peeled, cut into bitesize chunks
- 3/4 cup chunky peanut butter. softened

Serve with: cooked Lemon-flavored couscous  
Garnish: wide leaf parsley as desired

**Cook Chicken Chunks:** Heat Dutch Oven pan. Add oil, when hot, add chicken chunks, cook browning chicken about 8 minutes; remove from pan to plate; cover to stay warm.

**Cook Beef:** Add beef, onion, and green pepper to drippings; cook until beef is browned, and onion is tender about 10 minutes. Stir in garlic, cook for about 1 to 2 minutes. Remove any excess fat.

**Add Tomatoes:** Stir in tomatoes and juice, cut large tomatoes into pieces. Season with salt, black pepper, and red pepper. Bring to boiling; reduce heat; cover; simmer for about 30 minutes; stir occasionally.

**Add Flavorings for Stew:** Stir in 1 cup chicken broth, reserved chicken pieces and sweet potatoes; bring to boil cover pot; simmer 30 minutes, adding remaining broth to have more gravy. Stir in soft peanut butter into chicken mixture. Return mixture to boiling; cover; simmer about 20 minutes more until beef is tender and sweet potatoes are cooked. Set aside to stay warm.

**To Serve:** Prepare couscous according to package directions. Place couscous in serving bowl; spoon stew around couscous; garnish with chopped parsley.

**Recipe inspired by:** The Avon International Cookbook and  
<https://www.food.com/recipe/nigerian-groundnut-stew-171970#activity-feed>

**About the Recipe:** This is a hearty classic African stew that uses beef and chicken combined with sweet potatoes, peppers, and onions. It is a peanut-based dish that is smooth with rich spicy undertones and additional proteins. This celebrated peanut dish from West Africa received its name because early colonists called peanuts groundnuts.

### **Why Are Stews a Classic Comfort Foods?**

Making a stew is an economical choice and produces flavorful dishes. Meats and vegetables retain their juices making them rich and uniquely textured. Since they are cooked for a longer time and temperature, tougher cuts of meat are tenderized, allowing a savings in time and one's budget.

