



African Black Bean & Sweet Potato Stew

INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp Thai red curry paste
- ½ tsp cinnamon
- 1 medium red onion, peeled and diced
- 4 cloves garlic, minced
- 1 medium sweet potato, peeled and diced
- 1 large yellow bell pepper, seeded and diced
- 1 jalapeño, seeded and diced very finely
- 2 cans low sodium black beans
- 1 quart veggie broth
- ½ cup all-natural peanut butter (or Sunbutter for those allergic!)
- ½ cup boiling water
- ½ tsp red pepper flakes
- 2 tbsp chopped fresh cilantro
- 1 lime (1 tbsp lime juice)
- 3 tsp brown sugar
- salt and black pepper, to taste

DIRECTIONS

1. Heat the olive oil in a large soup pot. Add the curry paste and cinnamon. Stir for a minute so that the olive oil gets infused with spice. Add the onion, garlic, sweet potato, bell pepper, and jalapeño. Stir and cook the veggies for 5-7 minutes, until softened.
2. Add the beans and broth. Melt the peanut butter by mixing it with ½ cup boiling water. Add that to the mix. Add the red pepper flakes and cilantro.
3. Bring the soup to a boil, then cover and simmer. Cook until veggies are tender, about 25 minutes.
4. Stir in the lime juice and brown sugar.
5. Season with salt and black pepper.