



Inner-Warmth Peanut Stew

A hearty stew, which can be made with myriad variations in stocks and veggies. Peanut butter, sweet potatoes, and a hint of cayenne form the basis for the flavors. One of Octanes's most requested features!

Serves 6

2 cups chopped onions
1 tsp coriander - ground
1/2 tsp cayenne
3 tsp minced garlic cloves
2 cups Yukon-Gold potatoes-cut in 1" cubes
2 cups sweet potatoes- cut in 1" cubes
2 cups cut carrots
3 cups tomato juice
1/2 cup apple juice
1/2 cup vegetable stock
1 tsp chopped fresh ginger root
1 TBS chopped fresh cilantro
2 chopped tomatoes
1/2 cup smooth peanut butter



Saute onions with non-fat cooking spray for about 10 minutes. Stir in cayenne, coriander, & garlic and saute for 2 minutes.



Add potatoes, carrots, and sweet potatoes. Mix in juices, stock, salt (if desired), ginger, cilantro, and chopped tomatoes and simmer for about 15 minutes, until potatoes are tender.



Add peanut butter and simmer gently until ready to serve. Add more juice or water if stew is too thick.