

Our State eats

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Chicken & Peanut Stew

Yield: 8 servings.

- 2 tablespoons peanut oil**
- 1 red onion, chopped**
- 3 cloves garlic, minced**
- 1 (2-inch) piece fresh ginger, peeled and minced**
- 3 cups roasted chicken, shredded**
- 1 teaspoon red pepper flakes**
- 2 teaspoons salt**
- 1 tablespoon ground cumin**
- 6 cups chicken stock**
- 3 small sweet potatoes, peeled and cut into 1-inch chunks**
- 1 (16-ounce) can chopped tomatoes, with liquid**
- 4 cups chopped kale**
- 1 cup crunchy peanut butter**

Heat the peanut oil in a large pot over medium-high heat; cook and stir the onion and ginger in the hot oil until softened, about 5 minutes. Reduce heat and add garlic, crushed red pepper, salt, and cumin. Cook for an additional 2 minutes. Pour the chicken stock over the mixture and add the sweet potatoes. Bring the mixture to a boil; reduce heat to low, cover the pot partially with a lid, and cook at a simmer for 15 minutes.

Stir the tomatoes, kale, chicken, and peanut butter into the soup. Partially cover the pot again and continue cooking, stirring occasionally, for another 15 minutes. Garnish with chopped peanuts (optional).



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