

Peanutty African Stew

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 cup instant **brown rice**
- 2 cups **chicken broth**, reduced sodium
- 1 teaspoon dehydrated **minced onion**
- 1/2 teaspoon **garlic**
- 1/2 teaspoon **ginger**
- 1/8 teaspoon **red pepper** (optional)
- 2 cups medium diced peeled **sweet potato** or **yam**
- 1 can (14.5 ounce) diced **tomatoes** with liquid
- 1/2 teaspoon **salt**
- 1/2 cup creamy **peanut butter**, reduced-fat
- 1 1/4 cups fat free **milk**
- 3 cups (3 ounces) baby **spinach** leaves, coarsely chopped
- 1/4 cup chopped roasted **peanuts**
- Green onion**, thinly sliced, for garnish (optional)

Directions:

1. Combine first 9 ingredients in a soup pot. Bring to a boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

Bright Ideas:

Nutrition Facts	
Serving Size 1 cup (225g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 9g	
Vitamin A 110%	Vitamin C 20%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1 cup each

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>