

West African Vegetable & Peanut Stew *over Couscous*

This hearty West African dish, also known as groundnut stew, domoda, or maafe is always made with plenty of vegetables. The characteristic flavor and richness come from creamy peanut butter, a common ingredient in that region. It's typically eaten from a large communal bowl by using your hands and is served over couscous or rice.



Ingredients

- ¾ Cup Couscous
- 4 Cloves Garlic
- 1-Inch Piece Ginger
- 1 Onion
- 1 Scallion
- 1 Small Italian Eggplant
- 1 Sweet Potato
- 1 Zucchini
- 2 Teaspoons Cumin
- ¼ Teaspoon Cinnamon
- 1 Tablespoon Tomato Paste
- 14½ Ounce Can Diced Tomatoes
- 1 Cup Vegetable Broth
- ⅓ Cup Peanut Butter

Makes 2½ Servings
About 600 Calories Per Serving



Instructions

1



Make the couscous:

In a small pot, heat **1 cup of water** and a **pinch of salt** to boiling on high. Add the **couscous** to the boiling water. Cover and let stand. Once the water is absorbed, fluff the couscous with a fork.

2



Prepare your ingredients:

Wash and dry the fresh produce. Peel and roughly chop the garlic. Peel and mince the ginger. Peel and large dice the onion. Slice the scallion. Large dice the eggplant. Peel and medium dice the sweet potato. Cut the zucchini in half lengthwise, then crosswise into half moons.

3



Cook the vegetables:

In a large pot, heat some olive oil on medium-high until hot. Add the **onion** and **sweet potato**. Cook 2 to 3 minutes, or until the onion softens. Stir in the **ginger, garlic, cumin, and cinnamon** for about 30 seconds, or until fragrant. Stir in the **tomato paste** until combined, about 30 seconds. Add the **zucchini and eggplant**, season with salt and pepper, and cook about 3 minutes, or until softened, stirring occasionally.

4



Make the stew:

Add the **canned tomatoes, vegetable broth, and peanut butter**. Stir until combined. Simmer 10 to 11 minutes, or until the sweet potato is cooked through, stirring occasionally.

5



Plate your dish:

Divide the couscous and vegetable stew between 2 plates. Garnish with the **scallion**. Enjoy!