

# AFRICAN PEANUT STEW WITH SPICED MILLET

This truly is a thick nut butter soup. It has a nice creamy texture and works with lots of different greens and vegetables. Feel free to add a hearty green in step 5 or add other chopped vegetables in step 3 (like carrots, turnips, etc.) If you are not a fan of the peanut, you can still savor this stew by substituting other nut butters. It is a lovely warm and hearty stew that combines very nicely with the simple spiced millet.



## Ingredients

- 1 can kidney beans
- 2 sweet potatoes
- 2 red peppers
- 1 onion
- 1/3 cup lemon juice
- 3 tbsp sweet cayenne blend, divided
- 3-5 cups water

### From your pantry

- 1 cup millet
- 4 garlic cloves or 1 tbsp granulated garlic
- 1 cup nut butter
- 3 tbsp soy sauce
- Olive oil
- Salt and pepper

### Equipment:

- Large sauce pan x 2
- Skillet
- Food processor or blender

**PREPARATION: 10 MIN**

**COOKING: 20 MIN**

**READY IN: 30 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce.*

1. Drain and rinse **kidney beans**. Peel and dice **sweet potatoes**. Remove seeds and dice **red bell pepper**. Peel and dice **onion**. Peel and mince **garlic cloves**. Cut **lemon** in half and juice half the lemon for 1/3 cup of juice.
2. In a large saucepan, heat a drizzle of oil over medium heat and saute **1 1/2 Tablespoons of the spice blend** until fragrant, about 1 minute. Add **millet, 2 1/2 cups water**, and salt and pepper. Cover and bring to a boil, then turn heat down and simmer for 15 minutes or until water is absorbed and grain is fluffy.
3. In a large pot, steam **sweet potatoes** for about 10 minutes in an inch of water and then add the **kidney beans**. In a separate skillet, saute the **peppers** in oil for 2-3 minutes, add **onion and garlic**, and 1 1/2 Tablespoons **sweet cayenne spice blend** and salt and pepper.
4. Add the pepper onion mix to a food processor or blender and add **nut butter, soy sauce, lemon juice and 2 cups of water**. Process until well blended.
5. Pour the nut butter sauce over the beans and sweet potatoes and add another 2-3 cups water, until the soup looks as thick as you'd like.
6. Heat through and then season with salt and pepper to taste. Serve with spiced millet (or your favorite whole grain!). Enjoy!

# Tips, Tricks, and Terms

## SWEET CAYENNE SPICE BLEND

Mix together and store in airtight container:

- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 1 teaspoon cayenne (more or less depending on spice preference)

This blend is fantastic for spicing up your whole grains (like millet), roasting vegetables, or even for delicious Spiced Chickpeas! Drain and rinse 1 can of chickpeas, dry between a couple paper towels. Toss dried chickpeas with a drizzle of oil and a sprinkle of spice blend. Roast at 400 degrees ~20 mins until crispy and golden. Use to top soups and salads, or enjoy as a quick snack!

## A little about...

**NUT BUTTER:** while peanut butter may be the most common nut butter, there are TONS of other varieties to choose from - sunflower seed butter, almond butter, even tahini is a nut butter made from sesame seeds! Nut butters are loaded with heart-healthy monounsaturated fats and a dose of protein and fiber.

**CAYENNE:** a type of chili pepper closely related to bell peppers and jalapenos, packed with antioxidants and Vitamin A. The spiciness comes from "capsaicin" - a compound that brings the heat!



## GROWER SPOTLIGHT

Meet farmers James and Ayla Dodge of Blackbrook Farm outside Amery, WI! Together they have over 10 years of experience farming. Eating well is at the core of their relationship and it's what helped them to make the decision to start farming on their own. Now they feed not only themselves and their crew of interns with their Certified Organic produce, but hundreds of others too through their own CSA program and wholesale sales.

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