

# Chicken Stew with Peanut Butter Soup of the Month April – 2015



**Peanut butter in a main dish? Absolutely! You'll be amazed at the extra flavor it adds to this slow-cooked African dinner.**

**Prep Time:** 20 Min

**Start to Finish:** 8 Hrs. 20 Min

**Makes:** 8 servings (1 1/2 cups each)

## INGREDIENTS

6 boneless skinless chicken thighs (about 1 lbs.)  
3 boneless skinless chicken breasts (about 3/4 lbs.)  
1 large onion, chopped (1 cup)  
1/2 cup peanut butter  
1 can (28 oz.) diced tomatoes, un-drained  
1 3/4 cups chicken broth (from 32-oz carton)  
2 tablespoons grated gingerroot  
2 tablespoons tomato paste  
2 teaspoons curry powder  
1 teaspoon crushed red pepper flakes  
1/2 teaspoon salt  
1 1/2 lbs. dark-orange sweet potatoes (3 medium), peeled, cubed (about 4 cups)  
1 lbs. small red potatoes, cut into eighths (about 3 cups)

## DIRECTIONS

1. Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, layer all ingredients in order listed, spooning peanut butter in dollops.
2. Cover; cook on Low heat setting 8 to 10 hours. Before serving, break up chicken.

**Recipe Provides:** Meat & Beans 4oz-equivalents, Vegetables 1/2c

## NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	14 g	<b>Saturated Fat:</b>	3 1/2 g
<b>Calories:</b>	370	<b>Calories from Fat:</b>	130	<b>Carbohydrates:</b>	32 g
<b>Cholesterol:</b>	60 mg	<b>Dietary Fiber:</b>	5 g	<b>Sodium:</b>	550 mg
<b>Sugars:</b>	10 g	<b>Protein:</b>	28 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)