RECIPE

Chickpea and peanut stew with sweet potato and kale

A vegan chickpea, sweet potato and kale stew in a tomato and peanut butter broth, made in one pot for a winter dinner, with about 370 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 1 tsp garlic powder
- [ ] 2 tsp ground cumin
- [ ] 2 tsp ground coriander
- [ ] 1 tsp ground ginger
- [ ] 1 tsp smoked paprika
- [ ] ¼ tsp cayenne
- [ ] 4 cups sweet potato, peeled and cut in ¾-inch cubes
- [ ] 3 cups (2 cans, 15 oz each) no-salt-added chickpeas, drained and rinsed
- [ ] 1 ¾ cups (one 14.5 oz can) no-salt-added diced tomatoes, with their juice
- [ ] ½ cup unsalted smooth peanut butter
- [ ] 6 cups chopped kale, stems removed

Method

1. Heat the oil in a big pot over medium heat. Cook the onion for 5 to 6 minutes, until soft and just starting to brown.

2. Stir in the garlic powder, cumin, coriander, ginger, paprika and cayenne. Cook 30 seconds, until fragrant.

3. Add the sweet potato, chickpeas, tomatoes with their juice and 2½ cups of the water. Bring to a boil, then turn down to a steady simmer, cover, and cook 35 to 40 minutes. At 5,300 ft water boils near 203 °F, so the sweet potato needs about a quarter longer than the usual 25 to 30; go by the fork, not the clock.

- [ ] 3 ½ cups water
- [ ] ¾ tsp salt
- [ ] 2 tbsp lime juice

4. When a cube of sweet potato mashes easily, press about 1 cup of the chickpeas and potato against the side of the pot with a spoon. This thickens the stew without cream or coconut milk.

5. Put the peanut butter in a bowl. Ladle in 1 cup of the hot liquid from the pot and the last 1 cup of water, and whisk until smooth. Pour it back into the pot and stir.

6. Add the kale and simmer, uncovered, 8 to 10 minutes, until the kale is tender and the stew coats a spoon.

7. Off the heat, stir in the salt and lime juice. Add more lime before more salt.

8. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F, adding a splash of water if thick. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge.