

HAPPY KWANZAA

Try this Groundnut stew recipe with your family!

Ingredients

2 tablespoons of cooking oil
1 Chicken (3-3.5 lbs) cut into 8 pieces
1 3/4 teaspoons of salt
1/2 a teaspoons of ground pepper
1 onion (chopped)
2 tablespoons of tomatoe paste
1 cup of can crushed tomatoes (drained)
1/4 teaspoon of cayenne pepper
2 3/4 cups of water
1/2 cup of creamy peanut butter
1 10oz package of frozen okra



Directions:

Step 1: Season the pieces of chicken with salt and pepper and cook in a large pot over medium heat for about 8 minutes or until brown. Remove chicken and pour off excess fat from pot except for 1 tablespoon.

Step 2: Reduce the heat to low. Add onion to the pot and cook for about 3 minutes, stirring occasionally. Add the tomato paste, crushed tomatoes and cayenne pepper. Add the chicken pieces back into the pot and pour in 2 cups of water. Bring to a simmer, and cook for about 10 minutes, partially covered.

Step 3: Whisk together the remaining water and peanut butter until the mixture is smooth. Then add the mixture to the pot. Add okra, and the remaining salt and pepper. Cook until okra is cooked (approximately 10 minutes).
Serve with rice or egg noodles.