



Makes 8 servings

Ingredients

3 tablespoons extra-virgin olive oil
 1 medium onion, diced
 5 cloves garlic, minced
 1 1-inch piece of ginger, peeled and minced
 1 15-ounce can low-sodium chickpeas, drained
 4 cups low-sodium vegetable broth
 1 teaspoon ground cumin
 ½ teaspoon freshly ground black pepper

1 teaspoon ground coriander
 ¼ teaspoon ground cayenne pepper
 1 15-ounce can diced tomatoes
 2 medium sweet potatoes, peeled and cut into 2-inch cubes
 ¾ cup peanut butter (You can use creamy or crunchy.)
 4 cups chopped fresh baby spinach

Directions

1. In a large pot, heat oil over medium-high heat. Add onions and cook for 3 to 4 minutes. Add garlic and ginger, stir and cook for another 2 to 3 minutes.

2. Add remaining ingredients except spinach. Turn heat to high to bring to a boil. Once boiling, turn heat down to simmer for 25 to 30 minutes.

(directions continued on back)



MAIN DISH



Directions (continued)

3. Remove from heat and use a potato masher to mash the sweet potatoes in the stew. (This will thicken it.) Add spinach and stir. Enjoy warm!

TIP

Enjoy this stew with a piece of crusty, whole-grain bread!*

*Option not included in nutrition facts.

= low sodium = gluten free

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Nutrition Facts

Serving Size 1 3/4 cup (325g)
 Servings Per Container 8

Amount Per Serving

Calories 300 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 10g

Vitamin A 130% • Vitamin C 25%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 60g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: peanuts
 Carb choices per serving: 3