



Globally Inspired Flavor Solutions®

This hearty stew is flavored with peanut butter and harissa paste for a rich and tasty meal that is sure to please.

West African Chicken and Peanut Stew

Yield: 6 servings

Prep Time: 10 minutes Cook Time: 40 minutes Total Time: 50 minutes

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (Per Serving)
Canola oil	2 tbsp	Calories 390
Boneless chicken thighs	6	Fat 24g
Salt and pepper	1/4 tsp	Cholesterol 55mg
Onion, chopped	1	Sodium 570mg
SupHerb Farms Fusions® Moroccan Harissa	2 tbsp	Carbohydrate 24g
Reduced-sodium chicken broth	1 cup	Fiber 8g
Diced tomatoes	1 can (15 oz)	Sugars 10g
Peanut butter	1/2 cup	Protein 24g
Okra	18	DIETARY STATEMENTS
Small eggplants, chopped	2	Dairy Free, Egg Free.
Chopped peanuts	1/4 cup	
Finely chopped fresh cilantro	2 tbsp	

PREPARATION

1. Heat oil in large skillet set over medium heat. Season chicken with salt and pepper. Cook chicken for 5 to 8 minutes or until browned all over; transfer to plate.
2. In same skillet, cook onion and SupHerb Farms Fusions® Moroccan Harissa for 3 to 5 minutes or until onion is slightly softened. Stir in broth, tomatoes and peanut butter; bring to boil.
3. Stir in okra and eggplant. Return chicken to skillet. Reduce heat to medium-low; simmer for 30 to 35 minutes or until chicken is cooked through and vegetables are tender.

TO SERVE

Garnish with chopped peanuts and cilantro.

TIPS

- Serve with white steamed rice or quinoa.
- Stir in 1/2 lb diced sweet potato if desired.