

Ground-Nut Stew - Africa

Ingredients:

1 LB Stew Beef
2 large Tomatoes, diced
2T Olive Oil
 $\frac{1}{2}$ C Peanut Butter, crunchy
1 Onion, large, chopped
1 large Red Pepper, chopped
1t Salt

2 C Water, colc
 $\frac{1}{2}$ † Cumin
 $\frac{1}{2}$ † Ground Turmeric
 $\frac{1}{2}$ † Black Pepper, ground



Instructions:

Season beef with black pepper, cumin and turmeric. Marinate for 3 hours.

Place sauté pan on medium high heat and add the oil, after 30 seconds brown meat, then place cooked meat in another pot with 2 C water.

Bring to boil, then lower heat, simmer until tender about 1 $\frac{1}{2}$ hours.

While meat is cooking, use the same pan and oil that was used for the meat, sauté red pepper and onion. Add tomatoes and stir. Add salt and pepper.

Mix peanut butter with some of the stewing water to form a thin paste and add to vegetables.

After beef has cooked until tender, shred beef and add it to the peanut butter stew mixture.

Add enough beef cooking juices to make it stew-like consistency.

Cook for 15 minutes to get the flavors together.

Serve with Rice or boiled sweet potatoes.

