

African Stew

2- Chicken Thighs cut into 1-2" cubes
3- carrots cut in medium slices
3- stalks of celery cut in medium slices
3- Yams or sweet potatoes, peeled and cut in medium slices
1- dry onion cut into eight segments
6- cloves garlic, chopped (or to taste)
2T- red chili paste or dried red chillies (or to taste)
1- 12 oz can of tomato paste
1- 14.5 oz can of chicken broth
1.5C- peanut butter
1 tsp salt
olive oil

Marinade:

2- cloves chopped garlic
similar amount of chopped ginger
2T- oregano
1T- sesame oil
white wine to cover

1. Feel free to adjust the amount of garlic and red chili. Africans would generally make this more spicy than typical European or American taste
2. Marinate the cubed chicken in a sealed plastic bag overnight in the refrigerator
3. Drain the chicken and reserve the marinade
4. Stir fry the chicken in olive oil in a large dutch oven until it is uniformly white; add the onions and garlic and continue to stir fry for several minutes
5. Add the reserved marinade, chicken broth, tomato paste, red chili, and salt and bring to a boil then add the peanut butter and stir until dissolved
6. Add the carrots, celery, and sweet potatoes and adjust the liquid by adding water until the ingredients are almost covered. Cover and simmer for 45 minutes. Finish uncovered to reduce liquid if desired
7. Stir before serving to ensure peanut butter is well combined