

Mauritanian Peanut Meat Stew

Ingredients

- 2 Tbsp cooking oil
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 2 lbs, boneless beef chuck or lamb shoulder, cubed
- 1 Tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp ground coriander
- salt & pepper to taste
- 2 tomatoes, chopped or 1 15-oz can diced tomatoes
- 2 carrots, peeled and sliced
- 2 potatoes, peeled and cubed
- 1 sweet potato, peeled and cubed
- 1 bell pepper, chopped
- 1 Scotch bonnet or habanero pepper (optional)
- 2 cups vegetable or meat broth
- 1 cup natural peanut butter
- parsley or cilantro, chopped, for garnish

Directions

In a large saucepan, heat the oil over medium heat. Add the onion and cook until soft. Add the garlic and cook for a minute. Add the beef and brown on all sides. Stir in the tomato paste, ground cumin and coriander. Season with salt and pepper to taste. Add the tomatoes, carrots, potatoes, sweet potato, bell pepper and Scotch bonnet pepper, if using. Stir well.

Add the broth, bring to a boil, cover, reduce heat to low and cook for 1 1/2 hours, stirring occasionally.

In a separate bowl, mix the peanut butter with a ladle of broth. Stir this mixture into the pot, mixing until it incorporates. Cover and cook for 20 more minutes.