

Malian Meat in Peanut Sauce

Ingredients

- 2 Tbsp cooking oil
- 2 onions, chopped
- 4 cloves of garlic, minced
- 2 Tbsp grated ginger
- 2 lbs stewing beef, lamb, boneless chicken or tofu**, cut into bite-size pieces
- 1 14.5 oz can diced tomatoes
- 2 green Scotch Bonnet, bird's eyes/Thai or habanero chilies, chopped (optional)
- 16 oz natural peanut butter
- salt & pepper to taste
- fresh cilantro for garnish, chopped (optional)

Directions

Heat oil over medium heat in a large saucepan. Add the onions and sauté until transparent. Add the garlic and ginger and cook for a minute. Add the meat and brown on all sides.

Add the tomatoes and green chilies, if using. Cook until the tomatoes soften, around 5 minutes. Add the peanut butter and mix well. Add 1-2 cups of water

(depending on protein used and cooking time) and stir to combine. Season with salt and pepper to taste. Bring the dish to a boil, then reduce heat to low and simmer, covered, until the meat is tender, about 15 minutes for tofu, 30 minutes for chicken, 1 hour for lamb and 2 hours for beef chuck. ^ Uncover and boil off excessive liquid if necessary.

Transfer to a serving dish and sprinkle cilantro on top.