

## West African Sweet Potato and Peanut Stew

*Can't find your favorite homestyle flavors in backcountry meals? Make your own.*

BY VICTORIA GOLDIEE

When I first started backpacking, I usually found myself at a loss for what to eat. I grew up with Nigerian food on my plate and it was always hard to find the flavors that I craved in common western premade camp meals. So instead, I made my own, starting with a bowl of the sweet potato and peanut stew that I'd enjoyed during my days as a National Youth Service Corps member in Nigeria. It has been an at-home staple for me and is now a favorite to cook up by the campfire in spots like Nigeria's Wonderland Mountain in Abuja.

I love the flavors of the original home kitchen recipe (chunky sweet potato, creamy peanut butter broth, and loads of flavorful aromas) but have made a few alterations in order to adjust it for camp cooking, either from the back of your car or deep in the backcountry. On brisk evenings, having a campfire is nice, but having a campfire with stew simmering on top of it is even better.

👉 SERVES 2

### INGREDIENTS:

- 1/4 white onion, chopped
- 2 tablespoons of vegetable (or another) oil
- 2 garlic cloves, crushed
- 1-inch piece of ginger, finely grated
- 2 teaspoons of ground turmeric
- 1 tablespoon of ground coriander
- 2 sweet potatoes, peeled and chopped into 1-inch cubes
- 14 ounces of vegetable broth
- 2 tablespoons of peanut butter
- 1 tablespoon salt
- 2 bunches of medium sized carrots, chopped
- 1 green bell pepper, sliced
- 1 bunch of spinach (about 7 ounces), roughly chopped with stalks removed
- 1 cup of Basmati rice for serving

### DIRECTIONS:

Heat the oil in a dutch oven or camp pot over medium heat. Add the onion and saute for about 5 minutes, until it becomes translucent and starts browning. Add the garlic and ginger along with the turmeric and coriander and allow to cook for one or two minutes, until fragrant. Mix in the sweet potato, broth, peanut butter, and salt. Stir well to ensure the peanut butter is thoroughly mixed in and there are no clumps remaining.

Simmer uncovered for 15 to 20 minutes, or until the sweet potatoes are tender. Once the sweet potatoes are cooked, add the spinach, carrots, and green bell pepper to the pot. Stir again to combine and heat until the veggies have warmed through and the spinach has wilted. (If you're using rice, this is a great time to get it cooking.)

Put a lid on the pot and cook for an extra 10 to 15 minutes. Add salt to taste, serve with rice, and enjoy!

