

African Stew

Ingredients:

2 chickens, cut into pieces
3/4 cup peanut oil
2 large onions, chopped
3 tomatoes
4 1/2 cups water
1/4 cup tomato paste
1 teaspoon Vegesal
1 cup peanut butter
3 sweet potatoes, cut into chunks
6 carrots, thickly sliced in rounds
12 okra pods
3 bell peppers (red/green/yellow/orange), de-seeded and diced
1/2 teaspoon cayenne pepper or 1 chile pepper

Directions:

In a large heavy pot, brown chicken in hot peanut oil.
Add 1 chopped onion and stir until golden brown.
Peel tomatoes if you wish, then chop into chunks.
Thin tomato paste with 1/2 cup of water,
and add tomatoes and tomato paste to the pot.
Boil 4 cups of water and add to the pot with the vegesal.
While the mixture boils gently, thin peanut butter with
some of the hot pot liquid and stir it in gradually.
Reduce heat and simmer for 30 minutes.
Begin adding vegetables, letting each simmer for 5 minutes
or so before adding the next one.
Cook until chicken and all the vegetables are tender.
Crush or grind the second onion with the hot pepper.
Add during the last 10 minutes of cooking.