

NUTTY VEGGIE STEW

By DAIRY FREE GINA

****Dairy Free** **Vegan** *Gluten Free****

This is a great dish to warm you up on a cold day. It serves 6-8 people and the leftovers are equally delicious. I use [Crazy Richard's Peanut Butter](#) but you can use any nut butter, especially if you are allergic to peanuts. My husband would eat this every day, that's how much he likes it!



Ingredients:

- 1 Tablespoon extra-virgin olive oil
- 1 small onion, diced
- 3 cloves garlic, chopped
- 4 cups vegetable broth
- 1 14.5 ounce can diced tomatoes
- 2 Tablespoons ginger, peeled and chopped
- 4 medium sized sweet potatoes , peel just the rough spots off and then dice into chunks
- 1 small head broccoli ,florets only chopped
- 4 large handfuls chopped kale
- 3 Tablespoons peanut butter, or nut butter of your choice
- Chopped cilantro to taste
- Salt and pepper to taste
- Red pepper flakes to taste
- Juice from 1/2 fresh lemon
- 1 avocado, diced
- Nuts of your choosing

Directions:

1. In a large pot, sauté the onion garlic in the olive oil until translucent.
2. Add the sweet potatoes , stir and cook for about two minutes. Add the broth, tomatoes including the juices, ginger, red pepper flakes, salt and pepper. Stir. Increase heat to medium and bring to a boil, then reduce to low and let simmer uncovered. Stir occasionally, until the sweet potatoes are just about fork tender.
3. Add the broccoli , juice from 1/2 lemon. Stir and let simmer for about five minutes. Add the kale and the peanut butter. Stir and simmer until the stew is creamy. Taste and adjust seasonings if needed. Ladle into bowls and top with avocado slices , nuts, and cilantro. You can also serve over rice or grain of your choice.



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