

West African Vegetable & Peanut Stew over Couscous

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/true-italian-eggplant-aprmigiano-recipe>

Ingredients:

- 3/4 cup couscous
- 4 cloves garlic
- 1 inch ginger Piece
- 1 onion
- 1 scallion
- 1 Italian eggplant Small
- 1 sweet potato
- 1 zucchini
- 2 teaspoons cumin
- 1/4 teaspoon cinnamon
- 1 tablespoon tomato paste
- 14 1/2 ounces diced tomatoes Can
- 1 cup vegetable broth
- 1/3 cup peanut butter

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 54 grams
3. Fat: 11 grams
4. Fiber: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 400 milligrams
8. Sugar: 12 grams

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