

# Tigadegenana (West African Peanut Stew)

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-peanut-stew-recipe>

## Ingredients:

- 3/4 cup peanuts roasted and shelled, divided
- 2 tablespoons peanut oil
- 1 white onion or medium red, chopped
- 1 tablespoon fresh ginger minced
- 1 tablespoon minced garlic
- 1/2 pound boneless skinless chicken thighs
- 1 pinch cayenne
- salt
- pepper
- 6 cups chicken stock
- 1 pound sweet potatoes peeled and sliced
- 8 Roma tomatoes halved and cored
- 1/2 pound collard greens cut into wide strips
- 1/2 cup peanut butter

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 30 milligrams
4. Fat: 28 grams
5. Fiber: 8 grams
6. Protein: 29 grams
7. SaturatedFat: 5 grams
8. Sodium: 670 milligrams
9. Sugar: 14 grams

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