

# African Groundnut & Chicken Stew

Yield: 8 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-peanut-chicken-stew-recipe>

## Ingredients:

- cooking oil
- peanut
- vegetable oil
- 3 pounds chicken thighs with skin on and bone in
- 1 yellow onion or white, diced
- 2 carrots diced
- 2 celery diced
- 4 cloves garlic peeled and chopped
- 1/4 teaspoon black pepper
- 1 bay leaf
- 6 parsley sprigs diced
- 4 sprigs thyme
- 1/2 teaspoon salt more to taste
- 2 tablespoons minced ginger
- 1 1/2 inches fresh ginger
- 2 tablespoons curry powder
- 6 cups water
- 2 tablespoons turmeric
- 3 tablespoons tomato paste
- 1 can light coconut milk
- 1/2 cup peanut butter powder
- 28 ounces diced tomatoes can of

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 145 milligrams

4. Fat: 53 grams
  5. Fiber: 6 grams
  6. Protein: 37 grams
  7. SaturatedFat: 20 grams
  8. Sodium: 450 milligrams
  9. Sugar: 9 grams
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