

## African Peanut Bowl

*This recipe and photography was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at [Ravenouskitchen.com](http://Ravenouskitchen.com) or in her cookbook, *One Pan Whole Family*.*

### Ingredients:

- 1 onion
- 2 cloves garlic
- 1 thumb sized knob fresh ginger
- 2 small sweet potatoes
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1/4 teaspoon red pepper flake
- 1-lb ground turkey
- 1 teaspoon salt
- Freshly ground black pepper
- 1 cup chicken broth
- One 15-oz can diced tomatoes
- 2/3 cup chunky peanut butter
- 1 cup unsweetened coconut milk
- 1 tablespoon brown sugar
- 2 tablespoons lime juice, about 1 large juicy lime
- Two 10-oz bags frozen brown rice, warmed according to package directions
- Chopped cilantro, lime wedges and peanuts as garnish



### Instructions:

1. On a large cutting board, dice the onion, mince the garlic, peel and mince the ginger and peel and cube the potatoes into small pieces (so they cook fast).
  2. Heat the oil in a 12-in skillet over medium-high heat. When it shimmers, add the onion, garlic and ginger and sauté for 1 minute. Stir in the curry, pepper flake and cook another minute before adding the ground turkey, salt and a few grinds of pepper, breaking it up and stirring until no longer pink (takes about 2 minutes).
  3. Stir in the potato, broth and tomatoes and bring to a boil. Cover, reduce heat and simmer 5 minutes.
  4. Stir in the coconut milk, peanut butter, brown sugar and lime juice and cook 5 minutes uncovered or until the liquid has reduced, potatoes are tender and sauce is thickened. Taste for seasoning while adding more salt, pepper or lime juice if it needs it.
  5. Serve in warmed bowls over brown rice and garnish with cilantro, lime and peanuts.
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