

# Recipe: African Bean Stew

Recipe provided by Chris Burt,  
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## What you'll need:

- 2 tbsp rapeseed oil
- 1 red onion - diced
- 5 garlic cloves - diced
- 3 large sweet potatoes - peeled & diced
- 1 tin aduki beans - drained & washed
- 350ml vegetable stock/OXO cube
- 2 red pepper - finely diced
- 3 small tins of plum tomatoes
- 50g grated peeled ginger root
- 1 1/2 tsp ground cumin
- 1 scotch bonnet
- 3 tbsp crunchy peanut butter
- 4 tbsp roughly chopped peanuts
- 2 limes - cut either way
- Maldon sea salt & cracked black pepper to taste



## Steps:

1. Fry onion and garlic in the rapeseed. Cover and cook 5 minutes or until tender, adding a little water if it starts to stick.
2. Place onion mixture in a sauce pan - add the rest of ingredients - cook for 20 minutes on low heat, bring to the boil then cook for 30-40 minutes or until softend.
3. Spoon a ladleful of the cooking liquid into a small bowl. Add the peanut butter and mix well with a whisk or fork until smooth. Add to the stew.
4. Season with salt and pepper to taste. Top with chopped peanuts and serve with lime wedges.



**Self Help  
Africa**