

Ground Nut Stew

Ghanaian Cookbook Serves 6-8

Ingredients:

- 1 lb stewing beef
- 1 medium frying chicken cut into small pieces
- 1 medium onion
- 2 medium tomatoes
- 1 green pepper
- 1/2 cup smooth peanut butter
- 2 tsp paprika
- 2 tsp salt
- 2 tsp white pepper
- 6 hard boiled eggs
- 3 cups raw long grain rice

Directions:

1. Sprinkle chicken with salt and pepper. Allow to stand until seasonings are absorbed. Cube the beef, brown and add 1 tsp salt, 1/2 the chopped onions, 1/2 the chopped green pepper, 1/2 the peeled tomatoes, and 2 cups of water. Cook 30 minutes.



2. Mix 1 cup of the broth and peanut butter to a smooth paste. Add to beef and cook 30 minutes
3. more. Add the chicken and the rest of the onions, green pepper and tomatoes. Reduce heat and cook until chicken is tender. Use the hardboiled eggs, whole, to garnish the top of the soup.
4. Serve over steamed rice

NOTE: The following "condiments" are used to enhance the ground nut stew. They can be put in a small bowl and spooned on the stew:
chutney / grapes / peanuts (shelled) / pineapple / coconut / bananas / cucumbers