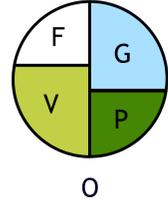
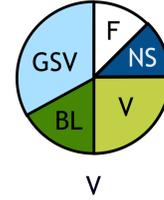


STOVE (1x), FIRE (2+X)



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# Sweet Potato and Peanut Stew

Adapted slightly from Fresh Off The Grid

Makes 4 servings

Prep time (3x): 45 minutes (if learning how to chop)

Cooking time (3x): 90 min

## Equipment

Dutch oven or 1.5 qt/l cooking pot

Cooking spoon

Can opener

Chef's knives

Hiking board or cutting board

Vegetable peeler (optional)

Cup measure

Teaspoon measuring spoon

## Cooking Tub Staples

1 tablespoon cooking oil

¼ cup peanut butter

1 teaspoon salt

2 1/2 tsp bouillon powder

## Ingredients

1 small onion

2 cloves garlic

1 medium sweet potato

2 cups water

14 oz can diced tomatoes

2 teaspoons New Mexico chili powder

14 oz can chickpeas, drained

1 bunch lacinato kale

## At Home

Measure out the dry spices and bouillon powder and put in tight-sealing container.

## At Camp

1. Arrange a relatively clean cooking preparation area away from any raw meat or eggs that you might have and wash your hands.



2. Choose the best knife for the job and dice the onion.

3. Choose the best knife for the job and mince the garlic.

4. Peel the sweet potato and, using the best knife for the job, chop into 1/4 inch cubes.

5. Destem and chop the kale into ribbons using the best knife for the job.



6. Heat the oil in a dutch oven or pot over medium heat. Add the onion and sauté about 5 minutes, until translucent and just starting to brown in spots. Add the garlic and sauté until fragrant, about 1 minute.

7. Add the sweet potato, water, dry spices, tomatoes with their juices, and the peanut butter. Stir well to ensure the peanut butter is thoroughly mixed in and there's no clumps remaining. Simmer, uncovered, for about 15-20 minutes (1x), or until the sweet potatoes are tender. Note that over coals this can take 90 minutes for a triple batch.

Once the sweet potatoes are tender, add the chickpeas and the kale to the dutch oven. Stir to combine and heat until the chickpeas have warmed through and the kale has wilted. This stew doesn't contain ingredients that carry harmful germs, so consistency is enough to know if it's ready.



If any stew is left over, let it cool and put it into the pack cooler as soon as it's at ambient temperature.

