



# African sweet potato stew

## What you'll need

- ✓ 1 1/2 tablespoons vegetable oil
- ✓ 1 small onion, peeled, diced
- ✓ 1 red pepper, de-seeded, diced
- ✓ 450g sweet potato, peeled and diced
- ✓ 1 large can (400g) red kidney beans, drained and rinsed (drained weight 240g)
- ✓ 1 large can (400g) chopped tomatoes
- ✓ 75g frozen green beans
- ✓ 2 heaped tablespoons (85g) smooth peanut butter
- ✓ 1 teaspoon chilli powder
- ✓ 300ml water
- ✓ 1 teaspoon freshly chopped herbs such as coriander or parsley (optional)

## Allergies

- ✓ Gluten free
- ✓ Egg-free
- ✓ Vegetarian
- ✓ Vegan
- ✓ Dairy free

Recipe makes 4 adult portions

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## What to do

1. Heat the oil in a large pan and fry the onions until they start to soften.
2. Add all the other ingredients except for the herbs, and bring to the boil, stirring well. If you are serving children under 5 with this recipe, you can add the chilli powder after cooking, after the children's portions have been put on one side.
3. Simmer for about 20 minutes until the vegetables are soft.
4. Sprinkle with the fresh herbs before serving. Serve with slices of bread, cut into fingers for babies.

## For babies

Mash well and cool before serving to babies.

## Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge, or freeze. Use leftovers in fridge within 2 days. Defrost leftovers from freezer thoroughly before reheating. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers  
aged 12-18



5-11 year old



1-4 year old



7-12 month old

