



Chicken and Vegetable Stew in Peanut Butter Tomato Sauce: Mafe



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small butternut squash peeled cut into 1/2-inch pieces (or 6 patty pans, cut in half)
- ☐ 1 small cabbage cut in 1/2-inch pieces (or 6 brussels sprouts)
- ☐ 0.5 pound carrots peeled cut into small chunks
- ☐ 3 pound meat from a rotisserie chicken cut in eighths
- ☐ 4 servings rice white steamed for serving
- ☐ 3 tablespoons vietnamese fish sauce
- ☐ 1 large onion chopped

- ☐ 0.5 cup peanut butter or "tigadege" (roasted peanut paste)
- ☐ 0.5 pound potatoes (1 large one)
- ☐ 1 teaspoon salt
- ☐ 1 scotch bonnet pepper whole
- ☐ 1 large tomatoes chopped
- ☐ 0.3 cup tomato paste
- ☐ 0.3 cup vegetable oil

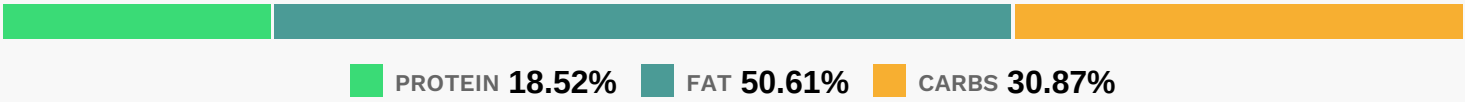
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot, heat oil until hot and brown chicken pieces on all sides.
- ☐ Remove chicken temporarily.
- ☐ In the same frying pan, add the onions and stir until soft and slightly brown.
- ☐ Add the tomato paste and salt, and stir well.
- ☐ Add all the prepared vegetables and fish sauce to the pot. Return the chicken to the pot and add just enough water to cover. Bring to a boil, stir, and reduce heat to medium. Simmer for approximately 30 minutes. Check the vegetables to avoid overcooking, removing them in a bowl as they are done.
- ☐ When all the vegetables are cooked and removed from the stew, add the peanut butter or "tigadege", 1 tablespoon at a time to make sure it is well dissolved in the broth.
- ☐ Add the Scotch bonnet pepper, if using and simmer until broth thickens, about 20 to 30 minutes.
- ☐ Return all the vegetables to the pot and simmer 5 minutes more.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:110.15, Glycemic Load:36.24, Inflammation Score:-10, Nutrition Score:45.907391579255%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 962.42kcal (48.12%), Fat: 55.52g (85.42%), Saturated Fat: 12.56g (78.47%), Carbohydrates: 76.21g (25.4%), Net Carbohydrates: 65.69g (23.89%), Sugar: 16.19g (17.99%), Cholesterol: 122.47mg (40.82%), Sodium: 2079.14mg (90.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.71g (91.42%), Vitamin A: 30323.86IU (606.48%), Vitamin B3: 20.31mg (101.56%), Vitamin C: 76.79mg (93.08%), Manganese: 1.63mg (81.33%), Vitamin B6: 1.52mg (75.79%), Vitamin E: 8.67mg (57.8%), Potassium: 1992.46mg (56.93%), Magnesium: 221.18mg (55.29%), Phosphorus: 538.06mg (53.81%), Vitamin K: 52.6µg (50.09%), Selenium: 34.3µg (49%), Fiber: 10.52g (42.09%), Folate: 136.64µg (34.16%), Vitamin B5: 3.35mg (33.54%), Vitamin B1: 0.48mg (32.17%), Copper: 0.61mg (30.25%), Zinc: 4.23mg (28.18%), Iron: 5.01mg (27.81%), Vitamin B2: 0.41mg (24.37%), Calcium: 184.76mg (18.48%), Vitamin B12: 0.57µg (9.52%), Vitamin D: 0.33µg (2.18%)