West African Pork Peanut Stew



Ingredients

1 pork shoulder blade roast, boneless, about 2 lb / 1 kg, cut into 1-inch / 2.5 cm cubes
1 cup / 250 mL chopped yellow onion
2 cloves garlic, minced
3 large plum tomatoes, peeled, seeded and chopped
1 tsp / 5 mL EACH ground cumin and salt
½ tsp / 2 mL EACH curry powder, ground coriander, cayenne pepper, ground ginger and ground cinnamon
1 cup / 250 mL sodium-reduced chicken broth
2 Tbsp / 30 mL tomato paste
½ cup / 125 mL chunky peanut butter
1-14 oz / 398 mL can black-eyed peas, drained and rinsed
1 Tbsp / 15 mL lemon juice
¼ cup / 50 mL chopped blanched peanuts
Chopped fresh cilantro for garnish

Directions

1. In slow cooker, combine pork cubes, onion, garlic and tomatoes.
2. Add seasonings and spices. Stir to combine.
3. Stir in chicken broth and tomato paste; mix well.
4. Cover and cook on LOW until pork is tender, 6-8 hours.
5. Stir in peanut butter and black-eyed peas. Cover and cook on HIGH, about 15 minutes more.
6. Blend in lemon juice to refresh flavours.
7. Ladle stew into individual bowls.
8. Garnish with chopped peanuts and chopped cilantro.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 30

- **Cook Time (Minutes):** 6-8 hrs
- **Number of Servings:** 6-8