Blue Zones Project®

# Spicy Sweet Potato Peanut Stew

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Pinch of Yum

## Ingredients:

Freeze Together:
3 c sweet potatoes, chopped
2 jalapeños, minced
1/2 onion, chopped
4 garlic cloves, minced
1 tsp curry powder
1 tsp turmeric
1-14 oz can fire roasted tomatoes
1-14 oz can coconut milk

After Cooking:
1/4 c peanut butter
1/2 c chopped peanuts
1-2 c kale, chopped
1-2 c water

Brought to Hawaii by **HMSA**

## Directions:

This is a freezer meal that is vegan, free of gluten and refined sugar.
Get all the ingredients together and pop into a freezer container.
Once stewed, add the final three ingredients. Easy!

1. From frozen, 8 minutes on high pressure + 10 minutes natural release.
2. Stir in peanut butter, peanuts and kale. Add water to thin to desired consistency.

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