

Creamy Chickpea and Sweet Potato Stew

From Cooks Illustrated March & April 2024

serves 6, total time: 45 minutes

Ingredients:

1 tablespoon vegetable oil
1 onion chopped fine
1 large sweet potato cut into ½" pieces
¾ teaspoon table salt
¼ teaspoon red pepper flakes
3 tablespoons tomato paste
1 teaspoon ground coriander
2-15 oz. cans chickpeas **UNDRAINED**
1 14 oz can can coconut milk
¾ cup water
1/3 cup creamy peanut butter
2 teaspoons grated lime zest plus 2 tablespoons juice
½ cup dry roasted peanuts, chopped
½ cup minced fresh cilantro

Instructions:

1. Heat oil in a large saucepan over medium heat until shimmering. Add onion, sweet potato, salt, and red pepper flakes, and cook, stirring frequently, until onion begins to brown, 6-8 minutes.
2. Add tomato paste and coriander and cook, stirring constantly, until tomato paste slightly darkens, 2 minutes. Stir in chickpeas and their liquid, coconut milk, water, and peanut butter. Increase heat to medium-high and bring to a simmer. Cover, adjust heat to maintain simmer; and cook, stirring occasionally, until sweet potato is tender, about 15 minutes.
3. Remove pot from heat and stir in lime zest and juice. Season with salt to taste. Serve, passing peanuts and cilantro separately.