

SPICY AFRICAN PEANUT STEW

From <http://www.peasandthankyou.com/>

- 1 can chickpeas, drained and rinsed
- 1 sweet potato, cubed (about 1 c. total)
- 1 1/2 t. curry powder
- 1/2-3/4 t. garam masala (depending on how spicy you like it)
- 1 t. cumin
- 1 T. minced ginger
- 2 t. minced garlic
- stevia to taste (I used almost 2 packets of NuNaturals)
- dash of cinnamon
- 1 14 oz. can fire roasted tomatoes, in juice
- 1 can light coconut milk
- 2 c. vegetable stock
- 2 T. natural Almond butter
- 1/2 c. red lentils, drained and rinsed (can substitute quinoa, if desired)
- Optional garnishes: cilantro, chopped cashews, sour cream or plain yogurt (vegan, if desired)

Combine all ingredients in a crock pot and turn to high for about an hour. This gets your crock pot good and going, then switch it to low for the next several hours.