

CHEF PAPA'S

# Mafe

Peanut Butter Stew

Serving Size: 6



**CS**

chef spotlight

## INGREDIENTS

- 2 tbsp. vegetable oil
- 1 ¼ lb. boneless beef chuck, cut into 1" cubes
- ¾ cup diced onion
- ¾ cup peeled diced carrot
- 1 ½ tsp. minced garlic
- ¼ cup tomato paste
- ½ cup smooth peanut butter
- 2 ½ cups low-sodium beef broth
- ¼ tsp. ground black pepper
- ¼ tsp. kosher salt
- ⅛ tsp. crushed red pepper
- 1 bay leaf
- ⅓ cup frozen peas
- 1 ½ tsp. red wine vinegar
- ¾ tsp. Tabasco® hot pepper sauce
- 3 cups hot cooked basmati rice
- 2 tbsp. chopped dry roasted salted peanuts

## DIRECTIONS

- Heat the oil in a saucepan over medium-high heat. Add the beef in two batches and sauté until well browned on all sides. Remove the beef from the saucepan.
- Add the onion and carrot to the drippings in the saucepan and sauté for 2 to 3 min. or until tender-crisp. Add the garlic and sauté for 1 min.
- Add the tomato paste and peanut butter and cook and stir for 2 min.
- Whisk in the broth, black pepper, salt and red pepper. Add the bay leaf and cook and stir until the mixture boils and thickens.
- Return the beef to the saucepan and heat to a boil. Reduce the heat. Cover and simmer for 30 to 35 min. or until the beef is fork-tender.
- Remove and discard the bay leaf. Stir in the peas, vinegar and hot sauce and cook until hot. Serve the beef mixture over the rice, sprinkled with the peanuts.