

Beth's Curried Vegetable Stew



- 1 tablespoon (Tbsp) extra-virgin olive oil.
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped (I used 1/2 green and 1/2 red bell pepper)
- 1/2 cup chopped carrot or thereabouts
- 1/2 cup chopped celery or thereabouts
- 1 sweet potato peeled and chopped
- 1 package of frozen, shelled, cooked edamame (soy beans)
- 3 cloves garlic minced
- 2 Tbsp peeled minced ginger
- 1 Tbsp curry powder
- 2 large tomatoes chopped (or 1 can)
- 1 bay leaf
- 4 cups vegetable broth
- 1 can black beans
- 1/4 cup (or more) of crunchy natural peanut butter
- 1 bunch of cilantro leaves chopped
- salt and pepper to taste

Heat oil and brown the onions. Add bell pepper and celery and saute for a few minutes. Add vegetable broth and remaining ingredients (except cilantro). Stew until vegetables and beans are cooked. Add cilantro toward the end of the cooking time.