

## Peanut and Tomato Stew



Makes approx 6 servings

### Ingredients

1 tbsp olive oil  
1 cup diced onion  
3 cloves garlic (or minced garlic)  
2 green bell peppers, diced  
1 red bell pepper, diced  
2/3 cup crushed peanuts  
1 1/2 cups finely chopped or shredded carrot  
1 1/2 cups mushrooms, chopped  
4 large tomatoes, diced  
3/4 cup apple juice  
3/4 cup water  
Onion powder to taste  
Pinch of cayenne and/or red pepper flakes to taste



### Directions

Begin by placing olive oil, onion, garlic, peppers and peanuts in a pot and cook on medium for 5 minutes.

Add carrots and mushrooms and cook for another 2 minutes.

Add tomatoes, apple juice, water, onion powder, cayenne and red pepper flakes and cook for another 2 minutes.

Bring to a boil, reduce heat, and then simmer for 30 minutes to 1 1/2 hours. I simmered mine for about 1 hour.

Serve on its own or as a sauce for nut burgers, lentil loaf or other awesome vegetarian dishes.

Adapted from KRISTAB's recipe of the same name on [AllRecipes.com](http://AllRecipes.com).

[www.VeggieYogi.com](http://www.VeggieYogi.com)