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African Chicken Peanut Stew Recipe

African Chicken Peanut Stew is a traditional West African dish that is rich, hearty, and full of flavor. It is made with chicken, peanuts, vegetables, and spices. The stew is often served over rice or with bread.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Chicken
200 g	Peanuts
100 g	onion
10 g	garlic

10 g	Ginger
200 g	Tomato
100 g	Red Bell Pepper
30 ml	vegetable oil
500 ml	chicken stock
1 tsp	salt
1 tsp	black pepper
0.5 tsp	cayenne pepper
1 tsp	paprika
1 tsp	cumin
1 tsp	coriander
1 tsp	thyme
2 pieces	bay leaf
400 ml	coconut milk
20 g	fresh cilantro
30 ml	lime juice

Directions

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Step 1

Stove

Heat vegetable oil in a large pot over medium heat. Add the chicken and cook until browned.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

Remove the chicken from the pot and set aside. In the same pot, add the onion, garlic, and ginger. Cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add the tomato and red bell pepper to the pot. Cook for 5 minutes, until the vegetables are tender.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Return the chicken to the pot. Add the chicken stock, salt, black pepper, cayenne pepper, paprika, cumin, coriander, thyme, and bay leaf. Stir well.

Prep Time: 2 mins

Cook Time: 10 mins

Step 5

Stove

Bring the mixture to a boil, then reduce heat and simmer for 30 minutes.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Stove

Add the peanuts and coconut milk to the pot. Stir well and simmer for another 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Stove

Remove the bay leaves from the stew. Stir in the fresh cilantro and lime juice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Serve the African Chicken Peanut Stew over rice or with bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet | Paleo Diet | The Whole30 Diet | Atkins Diet | Ketogenic Diet
Low Carb, High Fat (LCHF) Diet | South Beach Diet | Zone Diet | Ornish Diet
Nutrisystem Diet | TLC Diet (Therapeutic Lifestyle Changes) | Nordic Diet
Okinawa Diet | Alkaline Diet | Macrobiotic Diet | Intermittent Fasting | 5:2 Diet
16:8 Diet | Warrior Diet | OMAD (One Meal a Day) Diet | Body for Life Diet
Low FODMAP Diet | Slow Carb Diet | Vegetarian Diet | Vegan Diet
Raw Food Diet | Pescatarian Diet | Ovo-Vegetarian Diet | Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet | Fruitarian Diet | Engine 2 Diet | Blood Type Diet
Ayurvedic Diet | Traditional Chinese Medicine (TCM) Diet | The Acid Reflux Diet
Gluten-Free Diet | Low Glycemic Index Diet | Low Sodium Diet
The Fast Metabolism Diet | Nutrient Timing Diet | The 80/10/10 Diet
The Gerson Therapy | The Swiss Secret Diet | The Scarsdale Diet
The Cabbage Soup Diet | The Hallelujah Diet | The Mayo Clinic Diet
The Beverly Hills Diet | The Hollywood Diet | The Lemonade Diet
The Grapefruit Diet | The Rice Diet | The Sleeping Beauty Diet
The Baby Food Diet | The 3-Hour Diet | The French Women Don't Get Fat Diet
The Cookie Diet | The F-Plan Diet | The Israeli Army Diet | The Air Diet
The Breatharian Diet | The Werewolf Diet | The Five-Bite Diet
The Negative Calorie Diet | The Ice Cream Diet | The Master Cleanse Diet
The Subway Diet | The SlimFast Diet | The Cambridge Diet | The Shangri-La Diet
The Best Life Diet | The 3-Day Diet | The CICO (Calories In, Calories Out) Diet
The Eat-Clean Diet | The Peanut Butter Diet | The Bulletproof Diet
The Carnivore Diet | The Dukan Diet | The HCG Diet | The Optavia Diet
The Pritikin Diet | The Starch Solution Diet | The Vertical Diet | The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) | The Anti-Candida Diet | The Dr. Sebi Diet
The Crohn's Disease Diet | The Ulcerative Colitis Diet | The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet

The Low Tyramine Diet

The Lactose-Free Diet

The Fructose Malabsorption Diet

The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet

The Chronic Pancreatitis Diet

The Sarcoidosis Diet

The Leaky Gut Syndrome Diet

The Behçet's Disease Diet

The Graves' Disease Diet

The Addison's Disease Diet

The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet

The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet

The Asthma Diet

The Sinusitis Diet

The Bronchiectasis Diet

The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Meal Type

Lunch

Dinner

Snack

Supper

Course

Drinks

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

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