CONGO CHICKEN STEW

Muamba nsusu is a peanut-chicken stew that's popular in the Democratic Republic of the Congo. Here's a version you can make at home. Be sure to get an adult's help!

1 medium onion, diced
1 large carrot, diced
2 tablespoons oil
1/2 cup peanut butter

1 cup tomato sauce 2 cups chicken broth

2 pounds cooked chicken, chopped

cooked rice

- 1. In a large pot, cook the onion and carrot in the oil for a few minutes until they're soft.
- 2. Add the peanut butter and tomato sauce and mix well.
- 3. Stir in the chicken broth a little at a time.
- 4. Add the chicken and let it all cook together for several minutes until the stew has thickened. If you want, stir in a teaspoon of crushed red pepper or a dash of cayenne pepper to add some spice.
- 5. Serve over rice. Enjoy!

