



MAFFÉ RECIPE FROM SENEGAL (WEST AFRICA)

Stephen Bartlett is a laid back cook who walked us through this recipe. We put some measurements to it, but they are approximate, and just a guideline. Feel free to add more or less of any ingredient, to your liking, and serve over rice. With the peanut butter and rice, you have a complete protein dish that may be prepared in less than a half hour. Enjoy!

Dice and stir fry onions in 2-3 tablespoons oil (**2 onions**)

- Add a generous quantity of tomatoes to cook down or add already prepared tomato sauce (**6 fresh diced tomatoes or 3 cups tomato sauce**)
- Add finely diced fresh hot peppers, or dried or roasted chili peppers (**1 or 2 jalapenos, or hot peppers of choice**)
- Add heaping spoon fulls of natural peanut butter (called groundnut paste in Africa) (**1/3 cup**)

Simmer for a bit—15 minutes or so, stirring. Serve over rice. This should serve about 4 people.