



Materials Needed:

- See Materials and Tools lists on Groundnut Stew Recipe Card
- Large recipe poster
- Induction burner
- Hand sanitizer
- Mortar and Pestle and ¼ c. Sunflower seeds (optional)
- 3 Curious Chef knives
- 3 Extra cutting boards
- Food Chopper
- 2 Medium bowls
- Food Journals

Prepare Before Lesson:

- Make large recipe poster
- Pre-chop ginger and garlic (optional)
- Hang up world map
- Write agenda on board

NOTE: This lesson works best with an hour-long class period

Objectives:

1. Practice map skills focused on Africa (continent) and Mali (country).
2. Reinforce “all food beings with a plant” garden knowledge.
3. Explore measurement (liquids and solids) and food transformations through cooking.
4. Create an environment of classroom collaboration by cooking and eating together.

Lesson Flow

o Engage (5 min)

“Last week we focused on a new continent and country – who remembers what they are? Yes, Africa and Mali. When I say they grow and eat a lot of ‘groundnuts’ in Mali, what food am I talking about?” *Take answers.* Today we’re going to make Groundnut stew, but instead of using peanuts, what nutbutter do you think we might use to get the same thick, rich taste? Yes, we’ll use sunflower seed butter incase there are allergies to peanuts. Let’s look at today’s agenda.” *Agenda: Review roles, talk about jobs/tools, cook together, eat together, and clean up together.*

o Cooking Together (30 min)

“Today we’re each going to have a very important job to do to prepare our Groundnut Stew. Listen carefully to all the jobs so you’re ready! Can I have a volunteer to chop the onion using Food Chopper before we divide into groups? We need to start cooking the onions earlier than the rest of the ingredients.” *Choose volunteer, chop onions.*
Jobs/Tools: 1. Rip kale into small pieces using hands 2. Chop tomatoes using a Curious Chef Knife 3. Make sunflower butter using the Mortar and Pestle. When your group is finished, please raise your hands and I will collect your ingredient.” *Demonstrate all jobs and divide students into groups. Sanitize hands, complete tasks, collect ingredients as students finish. While groups are working, have helper sauté onions, ginger, chili (optional) and garlic.*

- **Cooking Together (cont'd)**

- **Eating Together (10 min)**

Food Journal

Prompt: What did we cook today? What was your cooking job? Draw a picture.

Recommended Resources

1. Book: [A Taste of West Africa](#) by Colin Harris



Recipe Card

Serves 8

30 minutes

Groundnut Stew

Tools Needed:

- 8 qt. Stockpot
- 1 Sharp knife
- Cutting board
- Can opener

Ingredients:

- 2 Tbs. olive oil
- 1 large onion
- 1 inch ginger, diced finely
- 3 large garlic cloves, pressed or minced
- 2 15oz. cans diced tomatoes
- 1 green chili, diced finely (optional, seeds are HOT)
- 1.5 cups water
- 1 bunch collards, chopped
- salt to taste
- 2 Tbs. peanut butter (or Sunbutter)
- 2 medium sweet potatoes or yams

Method:

1. Sauté onion in oil until translucent. Add ginger, chili, garlic and diced sweet potatoes, cook another 2 minutes.
2. Add tomatoes and water, bring to a boil. Lower heat, simmer 10 minutes.
3. Salt to taste. Add collards and cook another five minutes. Stir in peanut butter until well dissolved and simmer another 10 minutes. Soup is finished when sweet potatoes are cooked to your liking.

Notes: This recipe can be easily adapted for those allergic to peanuts using sunflower seed butter (often sold as Sunbutter). We make this soup as an example of “one pot” cooking, a traditional African cooking custom.