

PEANUTBUTTER SPAGHETTI SAUCE

Matrix Code CB404 for StartOver.xyz (revised 23 November 2014 by Clinton Callahan)

Serves 4-5 people

Spicy peanut sauce is an ancient favorite, especially in the Southeast Asian and African countries. Don't be surprised if you like this so much you ask for it again.

DIRECTIONS:

Place into a large frying pan or wok:

1 large or 2 small onions diced
1-2 cloves garlic chopped fine (optional)
3 Tablespoons olive oil or coconut oil
A small pinch of dried hot chilies

Sauté onions until golden and tender.

Add 3 cups of finely chopped or grated veggies, such as:

Hokkaido or other winter squash

Zucchini

Mushrooms

Eggplant

Carrots (these take a little longer to cook, so if you are really hungry, skip the carrots)

Sweet potatoes

Stir fry until tender. Covering the pan may also help.

Then just before serving stir in:

$\frac{3}{4}$ cup (200 ml) smooth or crunchy natural peanutbutter (ingredients: peanuts, salt)

100 ml whipping cream

Salt and pepper to taste

Serve over spaghetti noodles which are cooked "al dente".

