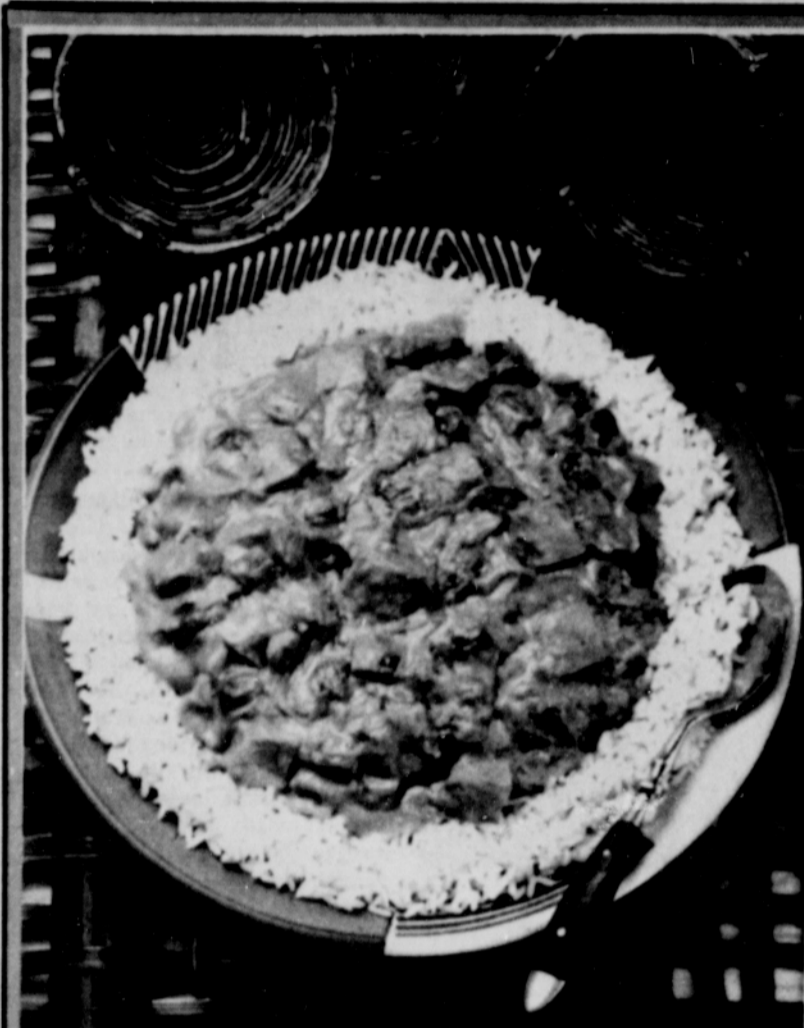


# LIVING SECTION



African Ground Nut Stew transforms the common peanut into a memorable sauce for chicken. This dish found its way to America from the community cooking kettles of Ghana.



Yams are a food staple in many ancient and modern African cultures. Combined here with corn and coconut they make a delicious and elegant oven casserole.

## New African heritage cooking

African groundnut stew, featuring the peanut, is an easy-to-make dish that will impress even your most discerning guests. With its roots in Africa, and with a touch of the South, it is suitable for a summer potluck or special dinner at home. Serve with Yam and Corn Casserole and a lettuce or spinach salad.

### GROUNDNUT STEW

1/2 cup chopped onion

1/2 cup chopped green pepper  
 1/2 cup chopped celery  
 1 garlic clove, minced  
 1/4 cup margarine  
 3 cups chicken broth or bouillon  
 1 six-ounce can tomato paste  
 Dash of ground red pepper  
 2 cups chopped cooked chicken  
 1 cup creamy peanut butter  
 1/4 cup mayonnaise  
 Hot cooked rice

Saute vegetables and garlic in margarine in 3-quart saucepan. Add

broth, paste and seasonings. Cover; simmer 30 minutes over low heat. Add chicken; continue cooking 10 minutes. Add combined peanut butter and mayonnaise, mixing just until blended. Serve over rice. Makes six servings.

### YAM AND CORN CASSEROLE

1 17-oz. can yams, drained, sliced  
 1/4 cup flour  
 1 8 1/4-oz. can cream style corn  
 3 eggs, beaten

1 1/2 cups milk  
 1/2 cup flaked coconut  
 1/4 cup margarine, melted  
 1/4 teaspoon nutmeg

Toss yams with flour. Place in greased 10x6-inch baking dish. Combine remaining ingredients; pour over yams. Bake at 325°, 40 to 45 minutes. Cool 5 minutes. Serves six.

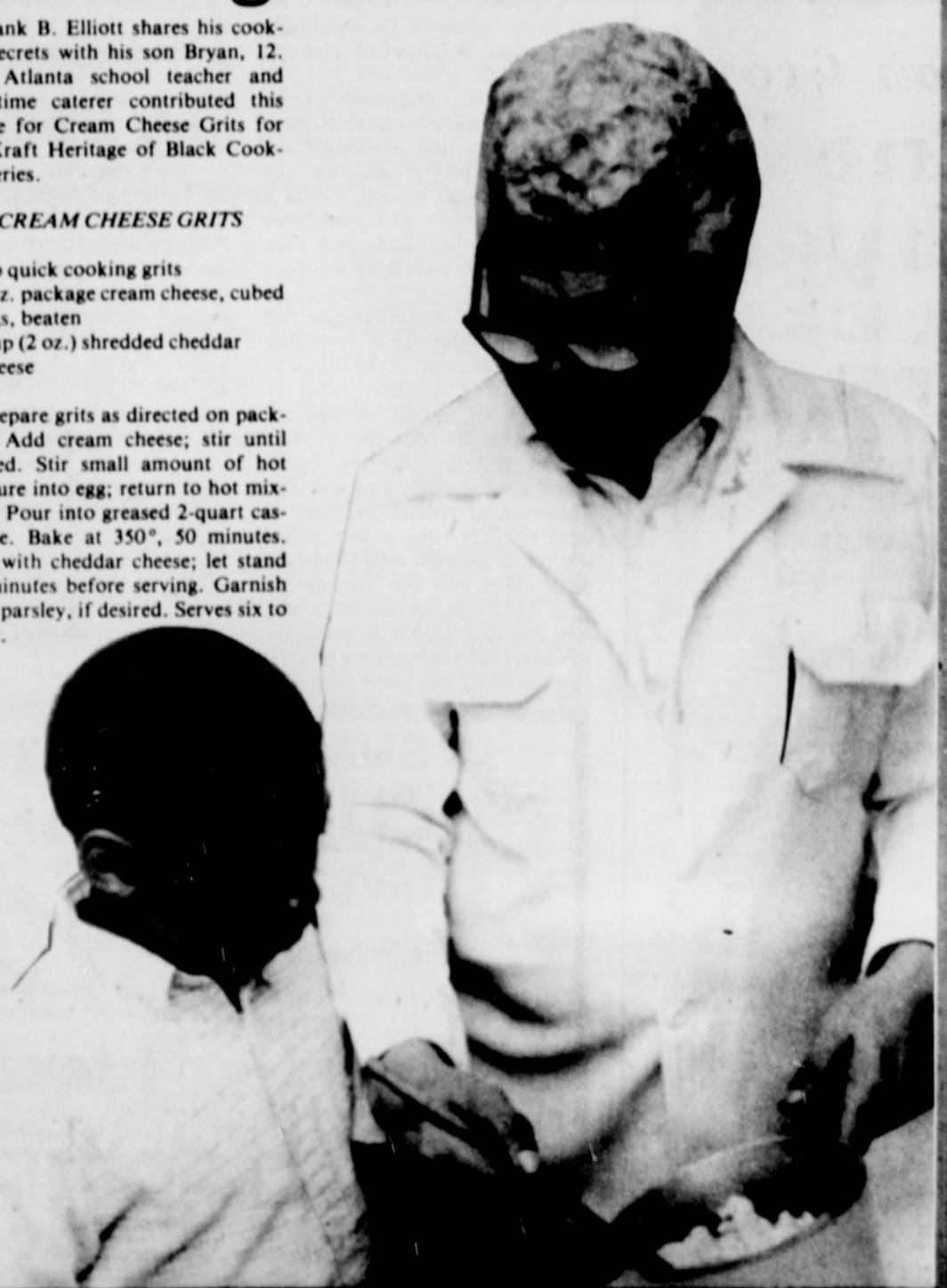
## Sharing tastes GREAT

Frank B. Elliott shares his cooking secrets with his son Bryan, 12. The Atlanta school teacher and part-time caterer contributed this recipe for Cream Cheese Grits for the Kraft Heritage of Black Cooking series.

### CREAM CHEESE GRITS

1 cup quick cooking grits  
 1 8-oz. package cream cheese, cubed  
 2 eggs, beaten  
 1/2 cup (2 oz.) shredded cheddar cheese

Prepare grits as directed on package. Add cream cheese; stir until melted. Stir small amount of hot mixture into egg; return to hot mixture. Pour into greased 2-quart casserole. Bake at 350°, 50 minutes. Top with cheddar cheese; let stand 10 minutes before serving. Garnish with parsley, if desired. Serves six to eight.



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