



Guinean Peanut Sauce

6 cups water	1 (14 oz) jar natural peanut butter (no sugar added)
5 bullion cubes	2 boneless chicken breasts cut into small pieces
1 large onion, chopped	4 habanero peppers (optional)
Pinch of oregano	3 bay leaves
3 cloves garlic	salt and pepper to taste
1 Tbs lemon juice	1 Tbs oil
2 Tbs tomato paste	
Pinch of cayenne pepper	
1 large tomato diced (remove seeds first)	

Sauté the onion and garlic in the oil until tender. Add everything except the chicken and peanut butter. Bring just to a boil to get the bullion cubes dissolved. Bring to a simmer and add the peanut butter. Simmer about one hour. Add the chicken breast. Simmer until the chicken breast is done (about 30 minutes).

If you don't want the sauce spicy, leave the peppers whole or leave them out completely. If you'd like it spicy, break them up a little – but take care not to release too much of the oils – habaneros are hot!

If you're in a rush, just add the peanut butter and chicken all at once and simmer until you like the consistency and the chicken is finished.