

World inspired

West African Inspired Pantry

Tomatoes, legumes, greens, grains, and rounded spice



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

West Africa includes many countries, languages, communities, and culinary traditions. A short home-cooking collection cannot compress that variety into one definitive table, and these recipes do not attempt to do so. They are original arrangements inspired by selected combinations of tomatoes, peppers, groundnuts, black-eyed peas, okra, leafy greens, grains, plantains, and warming seasonings. Familiar ingredients make the collection approachable while the methods remain specific: a pepper-tomato base is reduced before rice cooks in it, fish enters an okra pot near the end, and cabbage wedges braise in a peanut sauce after browning. The recipes use widely available ingredients and name practical substitutions, which may change their flavor direction substantially. Peanut and sesame ingredients appear in several dishes, while other recipes use eggs, fish, or poultry; read the individual allergen notes. These original Junction Table by CrownThrive, LLC recipes are a development edition and have not been kitchen-tested. Cook with the stated safety temperatures, use canned cooked legumes where specified, and let curiosity about the broader cuisines accompany this small, clearly described collection.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Oven Tomato Pepper Rice - AI-generated realistic food artwork, not a photograph or tested result.

Oven Tomato Pepper Rice

4 servings | Prep: 15 minutes | Cook: 45 minutes

Ingredients

- 1 red bell pepper, roughly chopped
- 1 onion, roughly chopped
- 1 can (14 ounces) crushed tomatoes
- 2 garlic cloves
- 2 tablespoons neutral oil
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 1/2 cups long-grain white rice, rinsed
- 1 3/4 cups vegetable broth
- 3/4 teaspoon kosher salt
- 1/4 teaspoon cayenne

Method

1. Heat the oven to 375°F. Blend pepper, onion, tomatoes, and garlic until mostly smooth. Heat oil in a heavy ovenproof pot with a fitted lid over medium heat.
2. Add tomato paste and stir 1 minute. Add the blended mixture, thyme, bay leaf, salt, and cayenne. Simmer uncovered 12–15 minutes until noticeably thicker, stirring often.
3. Stir in rice and broth and bring to a gentle simmer. Cover tightly and transfer to the oven for 25 minutes, then check that rice is tender and liquid is absorbed.
4. Rest covered off heat for 10 minutes. Remove bay leaf and fluff gently with a fork, loosening the rice from the edges before transferring to a serving bowl.

Cook's tip

Reduce the vegetable puree to a thick sauce before adding rice.

Substitution

Use yellow pepper and mild paprika instead of red pepper and cayenne.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Peanut Chicken with Tomato and Ginger

4 servings | Prep: 15 minutes | Cook: 35 minutes

Ingredients

- 1 tablespoon neutral oil
- 1 onion, diced
- 1 1/2 pounds boneless chicken thighs, cut into 1-inch pieces
- 3 garlic cloves, minced
- 1 tablespoon grated ginger
- 1 can (14 ounces) crushed tomatoes
- 2 cups chicken broth
- 1/3 cup smooth peanut butter
- 1/2 teaspoon ground coriander
- 3/4 teaspoon kosher salt
- 2 cups chopped kale
- 1 tablespoon lime juice

Method

1. Heat oil in a wide pot over medium-high heat. Brown chicken in two batches, 4 minutes each, then transfer to a plate.
2. Reduce heat to medium. Cook onion and salt 6 minutes, then garlic, ginger, and coriander for 30 seconds. Add tomatoes, broth, and chicken.
3. Whisk peanut butter with 1/2 cup hot liquid from the pot, then stir it back in. Simmer gently 20 minutes, stirring along the base, and add kale for the final 5 minutes.
4. Check chicken reaches 165°F in several large pieces. Stir in lime juice and serve, adding a little water if the peanut sauce becomes too thick to spoon.

Cook's tip

A gentle simmer and frequent stirring prevent peanut sauce from scorching.

Substitution

Use sunflower seed butter, or substitute firm tofu and vegetable broth for chicken and broth.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

peanut

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Build supper from a richly reduced pantry base

Start with tomatoes, peppers, legumes, and grains, then follow their changing textures into a generous supper. West African Inspired Pantry offers twelve original home recipes inspired by selected ingredient combinations, with no claim to regional completeness. Reduce a blended tomato-pepper base before rice enters the pot, blend peanut butter into liquid gradually, and give greens, okra, and fish their own place in the cooking sequence. Roasted sweet potatoes, millet pilaf, and ginger-seasoned skewers offer useful contrasts for a shared meal. Junction Table by CrownThrive, LLC pairs these dishes with practical techniques and menu planning so you can approach unfamiliar combinations with curiosity and clear steps.

- Blend and reduce a tomato-pepper base, then finish covered rice in the oven.
- Roast sweet potato wedges across two pans before adding lime-maple glaze.
- Broil ginger-seasoned beef, onion, and pepper skewers with clear temperature checks.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Pepper Ginger Beef Skewers

AI-generated realistic food artwork