

African Peanut Soup

This soup tastes great the next day. One can substitute almond butter for peanut butter.

Ingredients:

Makes about 8 servings

1TBS. olive oil
1 medium red onion finely chopped (about 1 cup)
1 cup finely chopped red or orange pepper
½ cup finely chopped carrots
½ cup finely chopped celery
4 garlic cloves, minced
2 TBS minced fresh ginger
1 TBS curry powder
1 (14 ½ - ounce) can diced tomatoes
1 bay leaf
4 cups chicken broth or vegetable broth
1 large sweet potato
1 ½ cup shelled edamame beans
¼ cup creamy peanut butter
¼ cup chopped fresh cilantro
1 to 2 cups baby spinach (optional)
½ tsp. or more salt
Freshly ground pepper

Directions:

Heat olive oil in a heavy pot. Add onions, pepper, carrots and celery, sauté until soft and translucent, about 5 minutes. Add garlic, ginger and curry powder and sauté until fragrant, about a minute, do not brown garlic. Add tomatoes and bay leaf and cook, uncovered, until tomatoes are slightly reduced, about three minutes. Add broth and bring to a boil. Reduce heat, cover and simmer for about 10 to 15 minutes. Stir in peanut butter until well combined, add edamame beans and cook until thoroughly heated. Stir in spinach and cilantro and serve.

Guten Appetit

Recipe adapted from:

Defy Aging-Eat The Foods You Love by: Cheryl Forberg