



AFRICAN PEANUT SOUP

Makes 8 servings | Serving size: 2 cups

PREP TIME

5 min

COOK TIME

25 min

TOTAL TIME

30 min

This soup has the perfect amount of heat that keeps you coming back for more. It is perfect for those chilly days when you need something to warm you up. The roasted chickpeas are optional, but well worth the added crunch. This soup is super easy to make and can be ready to serve in 30 minutes!



Ingredients

- 8 cups vegetable broth
- 1 medium red onion, diced
- 2 tablespoons fresh ginger, peeled and minced
- 6 cloves garlic, minced
- 8 cups kale, ribs removed and chopped
- $\frac{3}{4}$ cup unsalted peanut butter
- 1 (6-ounce) can tomato paste
- 1 tablespoon crushed red pepper, to taste*
- 1 sweet potato, cubed
- $\frac{1}{4}$ cup peanuts, roughly chopped for garnish
- 4 cups brown rice, cooked
- Roasted chickpeas, for optional topping

Directions

1. In a large pot, add the vegetable broth, onion, sweet potato, ginger, garlic, and crushed red pepper. Bring to a simmer and cook for about 15 minutes.
2. In a small bowl, mix together the peanut butter and the tomato paste until smooth. Once smooth, pour the mixture into the pot of soup.
3. Bring the soup to a simmer and add the kale. Allow to cook for about 5 minutes.
4. To dish, place $\frac{1}{2}$ cup of brown rice with 1 $\frac{1}{2}$ cups of soup. If desired, top with roasted chickpeas for added crunch.