

# WEST AFRICAN PEANUT SOUP



## Ingredients:

2	Tablespoons	Red Palm Oil (Or Coconut Oil)
2	Cups	Yellow Onion, peeled and chopped medium
1½	Cups	Carrots, peeled and chopped very small
4	Cloves	Garlic, minced
1	Teaspoon	Fresh Ginger, grated
1	Tablespoon	Berbere Spice*
1½	Teaspoon	Salt
5	Cups	Vegetable Stock (or Chicken Stock)
4	Cups	Sweet Potatoes, peeled and cubed small
1	14.5 oz can	Tomato Sauce
1	14.5 oz can	Diced Tomatoes
¾	Cup	Smooth Peanut Butter
½	Cup	Peanuts, chopped (optional)

## Directions:

1. Heat oil in large soup pot over medium heat. Add onions and carrots and salt. Cook stirring occasionally until carrots are tender and onion is translucent. Add garlic, ginger and berbere and cook for 1 minute.
2. Stir in stock, sweet potatoes, tomato sauce and diced tomatoes. Bring to a boil, then reduce heat to low and simmer, uncovered, for 1 – 1½ hours, or until sweet potatoes are very tender. Stir in peanut butter.
3. Using an immersion blender (or food processor) blend until smooth. Serve, topped with chopped peanuts if using.

**\****To make your own berbere spice, combine ½ cup chili powder, ¼ cup paprika, 1 tsp salt, ½ tsp ground fenugreek, ½ tsp onion powder, ½ tsp ground ginger, ½ tsp ground coriander, ½ tsp ground cardamom, ½ tsp garlic powder, ¼ tsp ground cloves and ¼ tsp ground cinnamon.*