

West African Peanut Soup

A bright and flavorful soup that is ready in less than an hour

Serves 4-6

1 tablespoon vegetable oil
1 onion, finely chopped (about 2 cups)
4 garlic cloves, minced (or ½ teaspoon garlic powder)
2 tablespoons fresh ginger, peeled and minced (or ½ teaspoon ground)
2 teaspoons cumin
1/4 teaspoon cayenne pepper or red pepper flakes
1 x 14.5 oz. can tomatoes and their liquid
1 large sweet potato, peeled and cut into 1-inch cubes (2 cups)
1/2 cup peanut butter
3 cups vegetable or chicken broth (canned or made from bouillon cubes)
1 cup water
½ teaspoon salt
½ bunch kale, or collard greens, stems removed and chopped (2 cups)
Cooked rice for serving

Cook the oil and onion in a large pot over medium heat. Cook, stirring occasionally for 3-5 minutes until golden. Add the garlic, ginger, cumin and cayenne then stir together and cook for about 2 minutes.

Next add the canned tomatoes and stir together. Add the sweet potato, peanut butter, broth, water and salt. Stir together then bring to a boil. Reduce heat to medium-low, cover and cook for 15 minutes.

Add the chopped greens to the pot, stir, then cover and continue to cook for another 15 minutes, until sweet potato is tender.

Using the back of the spoon, mash some of the sweet potato to help thicken the broth. Boil uncovered for 5 minutes.

Serve warm with rice.