

# WEST AFRICAN PEANUT SOUP

serves  
4-6



## Ingredients

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 inch knob of ginger        | 1 sweet potato, peeled and chopped |
| 1 tablespoon olive oil       | 2 cups water                       |
| 1 yellow onion, chopped      | ½ cup tomato juice                 |
| 1 carrot, peeled and chopped | 2 pinches salt                     |
| ¼ teaspoon cayenne pepper    | 1 pinch black pepper               |
|                              | ½ cup peanut butter                |
|                              | 5 green onions, chopped            |

### A bowl of plenty..

This soup contains plenty of protein, vitamin A, vitamin C, fiber, and potassium, which are all necessary for good vision and defend against cancer and chronic disease.



GRATER



VEGETABLE PEELER



CUTTING BOARD



LIQUID MEASURING CUP



MEASURING CUPS AND SPOONS



BLENDER



LADLE



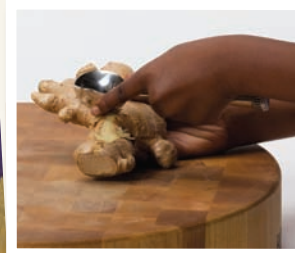
LARGE POT



SMALL AND LARGE SPOONS

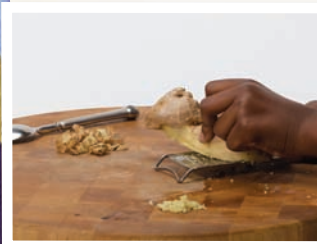


KITCHEN TOWEL



## 1 PEEL THE GINGER AND COOK THE ONION AND CARROT

Using the tip of the small spoon, scrape the skin off the ginger. Using a grater with small holes, grate the ginger (or, if not using a grater, use a knife to mince the ginger).



In a large pot, warm the olive oil. Stir in the onions and carrots and cook, stirring often, until the onions soften, about 3 minutes. Add the ginger and cayenne and cook 1 minute more.



## 2 SIMMER THE VEGETABLES

Stir in the sweet potato, water, and tomato juice. Add the salt and pepper. Bring the soup up to a boil, lower to a simmer, and cook, stirring often, until the potato pieces are soft, about 15 minutes. Cool slightly.



## 3 PUREE THE SOUP\*

Carefully ladle half the soup into a blender, one spoonful at a time. Add half the peanut butter, cover the blender with the lid, and put the kitchen towel on top of the lid. Blend until smooth, then pour into a clean pot. Repeat with the remaining soup and peanut butter.

## 4 HEAT AND SERVE

Return the pot to the stove over low heat. If the soup is too thick, add a little water. Ladle into soup bowls and top each serving with green onions.

### Wot's this?

In Ethiopia, stews are called wots, and they're often spicy, with lots of chilies.

\*You don't need a blender to make this soup. Instead of adding the soup and the peanut butter to the blender, stir the peanut butter directly into the pot with a large spoon. The soup will be chunky instead of smooth, but it will still have the same great flavors. Think of it like the difference between chunky and smooth peanut butter.