



AFRICAN PEANUT SOUP



INGREDIENTS

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| 2 tbsp extra virgin olive oil | 4 cups chicken stock |
| 1 onion, chopped | 1 sweet potato, peeled and diced |
| 1 tbsp ginger, minced | 14 oz can chickpeas |
| 1 pinch of chili flakes | 1 cup creamy natural peanut butter |
| 1 tbsp garlic, minced | 4 cups kale, roughly chopped |
| 2 tsp ground cumin | 1.5 cups chicken, cooked cubed |
| 1/2 tsp ground pepper | 1 tsp salt (to taste) |
| 2 tbsp tomato paste | Peanuts, crushed (for serving) |
| 14 oz can crushed tomatoes | Cilantro, chopped (for serving) |

METHOD

1. Heat the oil in a large pot and add onion. Cook over medium-high heat until soft, then add ginger, chili pepper flakes, and garlic.
 2. Add cumin and pepper and sauté for 1-2 minutes (until fragrant), before adding the tomato paste. Stir often.
 3. Add the crushed tomatoes, stock, sweet potatoes, chickpeas, and peanut butter. Bring to a boil and stir until fully combined. Turn the heat down to low and simmer until the sweet potatoes are tender (about 15 minutes).
 4. Add the kale and chicken and stir. Let cook for another 5 minutes before tasting. Add salt if needed.
 5. Serve warm with peanuts and cilantro, if desired.
- * Note: Natural peanut butter separates to form a fat layer. This is normal! All you need to do is stir together the oil and the peanuts again. Pro tip: Store natural peanut butter upside down in your pantry so that, when you flip it over, you have less mixing to do!
- * Note: This recipe is easily made vegetarian/vegan friendly. Simply replace chicken stock with vegetable stock and shredded chicken for another protein, like beans or tofu!