

Vegetarian Peanut Soup

serves 4

This West African-inspired peanut soup recipe is a creamy and comforting, spicy vegan soup. Made with a simple combination of peanut butter, tomato paste and kale, this soup comes together quickly and would be a great weeknight meal.

INGREDIENTS

- 4 cups low-sodium vegetable broth (or water)
- 2 cups water
- 1 medium red onion, chopped
- 2 tablespoons fresh ginger, minced
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch kale or collard greens (or 4 cups chopped cabbage)
- $\frac{3}{4}$ cup unsalted peanut butter (chunky or smooth)
- $\frac{1}{2}$ cup tomato paste
- hot sauce, like Sriracha (in the bottle with a rooster)
- $\frac{1}{4}$ cup roughly chopped peanuts, for garnish (optional)
- Cooked brown rice, for serving (optional)

INSTRUCTIONS

1. Wash kale or collard greens. Remove the ribs and chop into 1 inch strips. Set aside.
2. Combine the broth and water in a medium Dutch oven or pot.
3. Bring the mixture to a boil, then add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
4. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well.
5. Stir in the collard greens and season the soup with hot sauce to taste.
6. Simmer for about 15 more minutes on medium-low heat, stirring often.
7. Season with additional salt or hot sauce if desired.
8. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.
9. Enjoy!



leaves
stock

