



African Peanut Soup

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

10

Description

This African peanut soup is made with a wonderful combination of bell peppers tomatoes brown rice and peanut butter for a surprisingly different and delicious soup that everyone will enjoy Add chili powder if you want some heat

Ingredients

- - 2 tablespoons olive oil - 2 medium onions
- chopped - 2 large red bell peppers
- chopped - 4 cloves garlic
- minced - 8 cups vegetable broth or stock - 1 (28 ounce) can crushed tomatoes
- with liquid - $\frac{1}{4}$ teaspoon freshly ground black pepper - $\frac{1}{4}$ teaspoon chili powder (Optional) - ? cup extra crunchy peanut butter - $\frac{1}{2}$ cup uncooked brown rice

Instructions

1. Heat oil in a large stock pot over medium-high heat. Add onions and bell peppers; cook and stir until tender. Stir in garlic and cook until fragrant
2. about 1 minute. Stir in vegetable stock
3. tomatoes
4. pepper
5. and chili powder. Reduce heat to low and simmer
6. uncovered
7. for 30 minutes. Stir in rice; cover and simmer until rice is tender
8. about 15 minutes. Stir in peanut butter until well blended; serve. Cook's Note This soup is often served with Fufu (mashed cassava and plantains)
9. or you can add a dollop of sour cream on top and serve with crusty bread for dipping.