



African Sweet Potato and Peanut Soup

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

6

Description

A delicious soup combining the tastes of sweet potatoes peanuts and tomatoes

Ingredients

- - 1 tablespoon vegetable oil - 1 large onion
- chopped - 2 cloves garlic
- minced - 2 teaspoons minced fresh ginger root - 1 ½ teaspoons ground cumin - 1 ½ teaspoons ground coriander - ½ teaspoon ground cinnamon - 1 pinch ground cloves - 3 medium tomatoes
- chopped - 1 ½ pounds sweet potatoes
- peeled and chopped - 1 carrot
- peeled and chopped - 4 ½ cups water - 1 teaspoon salt - ¼ cup chopped
- unsalted dry-roasted peanuts - 1 pinch cayenne pepper - 2 tablespoons creamy peanut butter - 1 bunch chopped fresh cilantro

Instructions

1. Heat the oil in a large saucepan over medium-high heat. Saute the onion 10 minutes
2. until lightly browned. Mix in the garlic
3. ginger
4. cumin
5. coriander
6. cinnamon
7. and cloves. Stir in the tomatoes
8. sweet potatoes
9. and carrot
10. and continue to cook and stir about 5 minutes. Pour water into the saucepan
11. and season the mixture with salt. Bring to a boil
12. reduce heat
13. and simmer 30 minutes. Remove the soup mixture from heat. In a food processor or blender
14. blend the soup and peanuts until almost smooth. Season with cayenne pepper. Return to the saucepan. Whisk in the peanut butter
15. and cook until heated through. Serve warm topped with fresh cilantro.