

West African Peanut Soup

Jacob · 29/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

10

Description

Tomatoes and peanut butter YES The first time I tried this at a health food restaurant I was hooked About 5 years of tweaking the recipe to my personal taste has created a spicy sweet favorite amongst my friends and family Luckily there is always enough for everyone

Ingredients

- - 2 tablespoons olive oil - 2 medium onions
- very finely diced - 2 large bell peppers
- (any color) finely chopped - 6 large cloves garlic
- minced - 1 (28 ounce) can chopped tomatoes with juice - 8 cups vegetable broth - ¼ teaspoon pepper - ¼ teaspoon red pepper flakes - ½ cup uncooked rice - 1 (18 ounce) jar creamy peanut butter - ½ cup chopped roasted peanuts

Instructions

1. Heat olive oil in a large stock pot over medium-high heat. Cook onion
2. bell pepper
3. and garlic until lightly browned
4. about 5 minutes. Stir in tomatoes with their juice
5. vegetable broth
6. pepper
7. and red pepper flakes. Simmer
8. uncovered
9. for 15 minutes. Add rice to soup and stir. Reduce heat
10. cover
11. and simmer 25 minutes
12. or until rice is tender. When rice is cooked
13. whisk in peanut butter and return to a simmer
14. and serve. Garnish with chopped roasted peanuts
15. if desired.