

Spicy African Yam Soup

Jacob · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

An unusual combination of simple ingredients that render a spicy tasty soup thats ready in less than 45 minutes

Ingredients

- - 1 teaspoon vegetable oil - 1 small onion
- chopped - 1 large sweet potato
- peeled and diced - 1 clove garlic
- minced - 4 cups chicken broth - 1 teaspoon dried thyme - ½ teaspoon ground cumin - 1 cup chunky salsa - 1 (15.5 ounce) can garbanzo beans
- drained - 1 cup diced zucchini - ½ cup cooked rice - 2 tablespoons creamy peanut butter

Instructions

1. Heat the oil in a stockpot over medium heat. Saute onion
2. sweet potato
3. and garlic until onion is soft. Turn down heat if necessary to prevent burning. Stir in the chicken broth
4. thyme and cumin. Bring to a boil
5. cover and simmer for about 15 minutes. Stir in salsa
6. garbanzo beans and zucchini. Simmer until tender
7. about 15 minutes. Stir in the cooked rice and peanut butter until the peanut butter has dissolved. Serve hot with pita chips and a green salad.