

## Ashley39s African Peanut Soup

Jacob · 29/09/2024



### Prep Time

5 hrs 30 mins

### Difficult

Medium

### Servings

20

### Description

I made my own version of this recipe after eating it at a restaurant. The mixture of ingredients seems a little peculiar but trust me they work wonderfully together.

### Ingredients

- - 2 tablespoons olive oil - 2 large skinless
- boneless chicken breast halves - 1 onion
- chopped - 2 red bell peppers
- sliced - 4 cloves garlic
- minced - 1 (28 ounce) can crushed tomatoes - 2 sweet potatoes
- peeled and cut into bite-size pieces - 3 cups sliced carrots - 4 cups chicken broth
- or more as needed - ½ teaspoon curry powder - ½ teaspoon ground cumin - ¼ teaspoon chili powder - ¼ teaspoon cayenne pepper - ¼ teaspoon crushed red pepper flakes - ¼ teaspoon ground cinnamon - ¼ teaspoon ground black pepper - 1 cup brown rice - 1 cup crunchy peanut butter

### Instructions

1. Heat olive oil in a skillet over medium heat
2. and brown the chicken breasts on both sides
3. about 5 minutes per side. Place the chicken breasts into a slow cooker. Cook the onion
4. red bell peppers
5. and garlic in the hot skillet until the onions are translucent
6. about 5 minutes; transfer the cooked vegetables into the slow cooker. Stir the crushed tomatoes
7. sweet potatoes
8. carrots
9. chicken broth
10. curry powder
11. cumin
12. chili powder
13. cayenne pepper
14. red pepper flakes
15. cinnamon
16. and black pepper into the slow cooker. Set the cooker to High
17. and cook for 5 to 6 hours
18. or cook on Low for 10 hours. Stir in additional chicken broth throughout the cooking time if needed. Mix in the brown rice 3 hours before serving
19. and mix in the peanut butter at least 1 hour before serving. Shred chicken meat
20. and serve hot.