

Zimbabwean Chicken and Vegetable Soup

Jacob · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

6

Description

This hearty and delicious soup combines a wonderful variety of vegetables with peanut butter and a few red pepper flakes for unexpected flavors and just the right amount of kick

Ingredients

- - 1 tablespoon olive oil - 1 onion
- diced - 4 cups vegetable stock
- divided - $\frac{1}{2}$ cup peanut butter - 2 cups canned diced tomatoes
- with juices - $\frac{1}{4}$ teaspoon crushed red pepper flakes
- or more to taste - 1 cup finely chopped cabbage - 1 cup chopped sweet potato - 1 cup peeled and chopped carrot - 1 cup peeled and chopped turnip - 1 cup chopped okra - 1 cup chopped cooked chicken
- or to taste

Instructions

1. Heat the olive oil over medium heat in a large soup pot; cook and stir the onion in the hot oil until translucent
2. about 5 minutes. Whisk 1/2 cup of vegetable stock and the peanut butter into the onions until the mixture is smooth. Beat in remaining vegetable stock
3. diced tomatoes with their liquid
4. and crushed red pepper flakes; bring to a boil
5. reduce heat to medium low
6. and cook at a simmer for 30 minutes
7. stirring occasionally. Stir in the cabbage
8. sweet potato
9. carrot
10. and turnip; simmer
11. stirring occasionally
12. until the vegetables are tender
13. about 30 more minutes. Stir in the okra and chicken and simmer until the okra is tender
14. about 30 additional minutes.