

Recipes from a Bright Kitchen

West African Peanut Soup

Adapted from Katie's Bright Kitchen



Bright Line Equivalents

Makes approximately 8 18 oz servings. Each serving has:

- Vegetables (10 oz)
- Protein (4 oz)
- Condiments (2 oz)
- Fat (1)

Prep/Cooking Time

Prep = 30 minutes

Cook = 30 minutes

Supplies Needed

Large, heavy soup pot. Sharp knife, cutting board.

The Peanut Butter serves as the protein in this delicious, rich vegan soup. The chipotle gives it some zip that will satisfy and delight your mouth. May trigger those who over-love peanut butter.

INGREDIENTS

4 (cans)	Diced Fire Roasted Tomatoes (60 oz) with juices	1 Bunch 4-5 Cups	Cilantro (about 1/2 cup) Vegetable Broth or Stock
12 oz	Chopped carrots, sautéed		
12 oz	Chopped onions and green bell peppers, sautéed		
3-4	Garlic Cloves, chopped	SPICES	
8 oz	Brussels sprouts, thinly sliced (sub with cabbage)	4 TBSP	Curry Powder
2 oz	Diced canned chipotle peppers – reduce for less spicy heat	To Taste	Cayenne Pepper or Garlic Chili Paste – to turn up the heat if chipotle isn't enough.
16 oz	Smooth natural peanut butter		
16 oz	Coconut Milk (1 can)		

PREPARATION

In a large fry pan warm 2 tbsp of olive oil (or broth) over medium heat. Then...

Sauté carrots for a few minutes until carrots have softened a bit but are still firm. Measure and set aside.

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Sauté onions and green bell pepper in same pan until the onions are translucent. Measure and set aside with carrots.

Prepare the brussels sprouts by removing the stem then slicing them thinly like you would for a coleslaw. Measure and set aside.

Chop all cilantro stems and set aside. Chop the garlic.

In a large stock pot, heat a teaspoon of oil and add cilantro stems and garlic to the pot. Sauté on low/medium for a minute.

ADD the measured carrots, onions and green bell pepper to the pot.

ADD Curry Powder and sauté with vegetables for one minute to release the flavor of the curry.

ADD 2 cups of vegetable stock, brussels sprouts, tomatoes with juice and coconut milk. Stir well and bring to a boil. Reduce to a simmer for 10 minutes.

De-seed chipotle peppers, chop finely and add to pot. Simmer for 10 minutes

ADD peanut butter, stirring well to incorporate the PB. Simmer for another 10 minutes.

ADD vegetable stock as needed to reduce thickness.

MEASURE YOUR SOUP: With a large empty bowl on your scale, zero out the scale. Pour the soup into bowl. Determine the weight of eight servings by dividing the total by 8. Divide the soup for freezing and serving.

Sprinkle with cilantro leaves before serving.

SERVING SUGGESTIONS

- Add 4 oz of rice or quinoa for a maintenance portion of grain

Enjoy!