

Soup

African Peanut Stew

**Vegan, Gluten-Free*

Looking for a flavorful and unique soup? Look no further. This soup is for you. The many spices complement the flavor of the sweet potatoes perfectly. And the pecan topping is a special bonus!

You'll Need

- 1 onion, chopped
- 1 jalapeno, seeded and finely chopped (optional)
- 3 teaspoons minced fresh ginger
- 1 teaspoon minced fresh garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- 4 medium size sweet potatoes cut into 1 1/2-inch chunks
- 2, 14.5 ounce cans chopped tomatoes
- 1 bunch kale, chopped
- 4 cups vegetable broth
- 1/4 cup natural peanut butter



Directions

- Place 1/3 cup water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes.
- Add cumin, cinnamon, salt, and red pepper. Cook and stir for 1 minute.
- Add sweet potatoes, tomatoes, kale, vegetable broth, and peanut butter.
- Bring to a boil, reduce heat and simmer for approximately 30 minutes, or until potatoes are tender.

Play with Your Food

Top this dish with some spiced, toasted pecans.

You'll Need

- 1/2 cup halved pecans
- 1/4 teaspoon cayenne
- 1/2 Tablespoon butter

Spiced, Toasted Pecans

- To spice up pecans melt 1/2 Tablespoon butter in pan place 1/4 teaspoon of cayenne pepper and pecans in pan. Stir to coat pecans. After coated place on baking sheet and bake for 10 to 15 minutes or just until toasted.
- Top each bowl of soup with some pecans and enjoy.