African Peanut Soup

Great textures and flavors combine in this comforting traditional soup from western Africa. Enjoy it as a starter or as a light meal.

Yield: 6 servings

INGREDIENTS

1 tablespoon extra-virgin olive oil
2 medium sized onions, diced
2 large red or green peppers, chopped into 1/4 inch dice
6 garlic cloves, minced
1 (28 oz.) can crushed tomatoes
4 cups low-sodium vegetable broth
1/2 teaspoon black pepper
1/2 teaspoon chili powder
2/3 cup extra crunchy natural peanut butter
1 tablespoon fresh cilantro

DIRECTIONS

1. Heat oil in a large pot over medium heat. Cook onions and bell peppers until lightly browned and tender, adding in garlic at the end to keep from burning.
2. Stir in tomatoes and their liquid, vegetable broth, pepper, and chili powder. Reduce heat to low, uncover, and simmer for 15 minutes.
3. Stir in peanut butter and cilantro until well blended, and serve.

NUTRITION INFORMATION

Calories: 280, fat: 17g, sodium: 280mg, carbohydrate: 27g, fiber: 4g, protein: 11g

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