



West African Peanut Soup

Servings 6 | Prep time 10 mins | Total time 30 mins.

Equipment: Large pot

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

- 1 tablespoon olive oil OR toasted sesame oil
- 1 small onion, chopped
- 1 clove garlic, minced OR 1 teaspoon garlic powder
- 1 cup cooked chicken breast, diced, OR 1 10 ounce can chicken (packed in water), drained
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- 3 cups low-sodium chicken broth
- 1 6 ounce can tomato paste
- 2 14.5 ounce cans stewed tomatoes
- 6 tablespoons peanut butter

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add oil to large pot over medium heat. Add onion and cook stirring frequently until see through. Add garlic and chicken and stir to heat through.
3. Add curry powder, black pepper and red pepper flakes and cook 1 minute longer. Reduce heat to medium heat.
4. Add broth, tomato paste, stewed tomatoes, and peanut butter. Heat over medium heat, stirring often until combined and heated through. Remove before pot begins to boil.

Nutritional Information:

Calories 260
Total Fat 13g
Sodium 820mg
Total Carbs 23g
Protein 17g