

African Peanut Soup



Ingredients

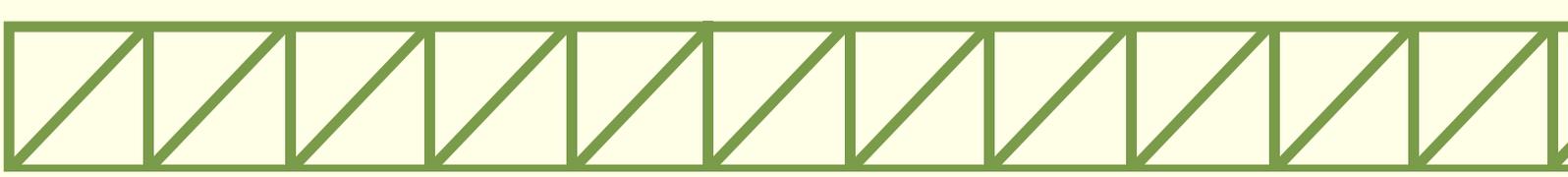
1 tablespoon extra-virgin olive oil
2 medium sized onions, diced
2 large red or green peppers, chopped small
6 garlic cloves, minced
1 28-ounce can crushed tomatoes
4 cups low-sodium vegetable broth
1/2 teaspoon black pepper
1/2 teaspoon chili powder
1/2 cup crunchy natural peanut butter
1 tablespoon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

Nutrition Info

Per serving: 270 calories, 14g fat, 2g sat fat, 21g carbohydrates, 10g protein, 297mg sodium, 7g fiber

Directions

1. Heat olive 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, the vegetable broth, pepper, and chili powder. Reduce heat to low, uncover, and simmer for 20 minutes.
3. Stir in peanut butter and cilantro until well blended. Simmer for 10-12 minutes. Serve.



Grocery List

2 medium onions

2 large bell peppers

6 large cloves garlic

28-ounce can crushed Muir Glen tomatoes

32-ounce package Cadia low-sodium vegetable
or chicken broth

Crunchy Natural Peanut Butter

*Items not counted in the ingredients are regular pantry items
such as oils, dried herbs, spices and condiments.*

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