



# African Peanut Soup

## Ingredients

- 1 tablespoon canola oil or olive oil
- 1 clove garlic, chopped
- 1 28-oz. can diced tomatoes
- 1 6-oz. can low-sodium tomato paste
- ½ cup creamy peanut butter
- 4 cups low-sodium chicken broth
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 cup uncooked brown rice
- 6 scallions chopped
- ¼ cup peanuts, roughly chopped

## Directions

1. In a large pot, heat the oil over medium- heat and add the garlic. Sauté for 1 minute.
2. Add the tomatoes, tomato paste, peanut butter, chicken broth, cayenne, and salt. Whisk to combine and bring to a boil.
3. Once it comes to a boil, add the rice and reduce the heat to low. Cover and cook for 30 minutes.
4. Garnish with scallions and peanuts.

*Serves: 6 • Serving Size: 1-2 cups • Prep Time: 15 minutes • Cook Time: 30 minutes*

## Chef Tips

1. Substitute low-sodium vegetable broth to make this a vegetarian soup
2. Add 2 cups of chopped spinach at the very end for added vegetables
3. Use quick cooking rice to reduce the cooking time
4. Add 2 tablespoons curry powder
5. Add cooked chicken, shrimp, or pork at the end for added protein
6. Garnish with chopped avocado
7. Add a little extra water or broth if the soup becomes too thick

## Supplies

- Measuring spoons
- Measuring cups
- Knife
- Cutting board
- Soup pot
- Wooden spoon
- Ladle



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*Nutrition Facts Per Serving: 320 Calories, 19 g Fat, 30 g Carbohydrate, 14 g Protein, 300 mg Sodium*