**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

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

**Supplies**

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

**Chef Tips**

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