

Sweet Potato Peanut Soup

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, immersion blender or a traditional blender

Serves: 4-5

Ingredients:

- 1 tsp olive oil
- ½ large onion
- 3 cloves garlic
- ¼ cup roasted peanuts
- 1 large sweet potato
- 1 tbsp tomato paste
- 4 cups low sodium vegetable stock
- 2 tbsp peanut butter
- ¼ block of tofu
- ½ tsp smoked paprika
- ½ tsp chili powder
- Salt and pepper to taste



Directions:

1. Dice the onion into medium/large pieces, mince garlic, peel and dice up the sweet potato into large pieces.
2. Place a soup pot on the stove top over medium high heat, add olive oil.
3. Once olive oil is heated through, add onion and garlic and saute until the onion begins to soften. Add the roasted peanuts and let them toast with the garlic and onion. Once the bottom of the pan begins to caramelize, add the stock so it pulls the flavor off the bottom of the pot. Add the sweet potato and the bring to a simmer.
4. Allow the soup to simmer for approximately 10-15 minutes cooking the sweet potato through.
5. Remove from heat and add tofu, puree in small batches or utilizing an immersion blender puree in the pot until smooth and creamy.
6. Return soup to the heat and continue to simmer, add peanut butter and spices, season with salt and pepper and let cook for 5 more minutes.
7. Adjust seasonings as needed.
8. Serve and top with either some chopped peanuts or sriracha if you like a little kick.



Nutrition Information (per ¼ recipe):

Calories: 195 Fat: 9.7 g Carbs: 17.9 g Protein: 7.6 g Fiber: 3.9 g Sodium: 600 mg

<https://wexnermedical.osu.edu/nutrition-services>

