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| Generic African Peanut SoupAn easy versatile throw together vegan recipe.Ingredients:

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| 1 cup1 cup1 cup1 cup8 oz12 oz12 oz8 oz2 cups½ can15 ozTo Taste | Peanut Butter (organic)- $1.00Sweet Potato- $1.29Potato- $2.00Legumes (chickpeas, lentils if tolerated)Frozen Onions (Thawed and drained)-$.60Frozen Carrots $.75Frozen Green Beans- $1.20Leafy Greens (Kale or Spinach)-$.70Vegetable Broth- $2.00Coconut Milk- $1.50Crushed Tomatoes- $1.50Turmeric, garlic, ginger, cayenne, paprika, cumin, etc. |
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Directions:You can make this on the stove top in an hour or crock pot/instant pot in a few hours. Set you pot to sauté and add your onions with a bit of olive oil. Add your spices to your onions while they are cooking. Measure out your potatoes and add to your onion and spice mix. Next, add your carrots and green beans and stir. Add the can of tomatoes and your vegetable broth. You can add more broth if you want more of a soup or less for more of a stew. Then add the coconut cream and peanut butter. Lastly, you’ll add the greens. You can cook on high for about 30 minutes or set on low and cook for a couple of hours. Garnish with the peanuts when serving. | Logo  Description automatically generated |
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