

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



African Groundnut (Peanut) Soup

Serves 6

Peanut soup (also called “ground nut” soup) is common throughout Africa and is often served with rice. Peanut butter lends a creaminess to the soup and the warm spices add rich flavor to this hearty, healthy soup.

Ingredients

1 tablespoon canola oil or olive oil
1 pound ground chicken or turkey, 93% lean
1 large onion, diced
2 stalks celery, diced
1 tablespoon minced garlic
1 tablespoon curry powder
¼ teaspoon red pepper flakes
1 quart low-sodium chicken broth
½ cup peanut butter (smooth or chunky)
2 small sweet potatoes, peeled and cubed (about 3 cups)
1 (15-ounce) can no-salt-added diced tomatoes (do not drain)
½ teaspoon salt
¼ cup chopped peanuts (for garnish)
Fresh cilantro (for garnish)

Directions:

1. Heat oil in a large stock pot, over medium-high heat. Add ground turkey and brown until cooked through, about 5 minutes.
2. Add onions, celery, and garlic and saute until soft, about 3 minutes. Stir in curry powder and pepper flakes and cook for 1 minute.
3. Add chicken broth and peanut butter and stir to combine.
4. Add remaining ingredients, except chopped peanuts and cilantro, and simmer for 15-20 minutes until sweet potatoes are soft.
5. Garnish with chopped peanuts and fresh cilantro.

Recipe Notes:

1. May substitute 1½ - 2 pounds bone-in chicken pieces for ground meat. If using chicken legs or thighs, simmer for 30 minutes, until chicken is cooked through.
2. May substitute sweet potatoes with butternut squash, yam, or white potatoes.
3. May substitute peanut butter with sunflower seed butter.

Nutritional Information per 1½ cup serving:

Calories: 355	Carbohydrates: 26g
Total Fat: 18 g	Cholesterol: 43mg
Saturated Fat: 3g	Dietary Fiber: 4g
Protein: 27g	Sodium: 458mg