

Submitted By:
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Category:
Main Dish

Name:
South African Peanut Butter Soup



Ingredients:

3 Medium Size Onions - chopped
 2-3 Garlic cloves - minced/chopped
 3-4 sticks Celery - chopped
 3-4 Carrots - chopped
 1 can of peeled tomatoes (1lb)
 1 pack of frozen spinach
 Peanut butter - 1/4-1/2 bottle
 1/4 tsp Cumin powder
 1 tsp coriander powder
 Salt to taste
 Chilli to taste
 Paprika for color

Directions:

Put a little oil in a heated steel bottom thick pot. Saute onions, garlic for 2-3 minutes. Put all the vegetables and spices and let it simmer. Put enough water to cover the vegetables and let the water come to a boil once. Once vegetables seem a little tender "lower the heat" (very important otherwise peanut butter sticks to the bottom and burns) and then put peanut butter. Whisk it well. After it is completely mixed in (no lumps) increase the heat (to medium) and bring it to a boil. Soup is ready.