

# Vegetarian Peanut Soup

Author: Cookie and Kate   Prep Time: 10 mins   Cook Time: 35 mins

★★★★★

Total Time: 45 minutes   Yield: 4    Category: Soup   Method: Stovetop

4.9 from 359 reviews

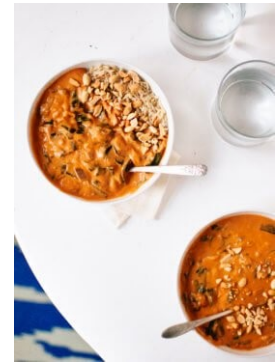
Cuisine: African

This West African-inspired peanut soup recipe is a creamy and comforting, spicy vegan soup. Made with a simple combination of peanut butter, tomato paste and collard greens, this soup comes together quickly and would be a great weeknight meal. If you love spicy flavors like me, don't hesitate to use liberal amounts of ginger and garlic.

## INGREDIENTS

SCALE

- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- 3/4 cup unsalted peanut butter (chunky or smooth)
- 1/2 cup tomato paste\*
- Hot sauce, like sriracha (AKA rooster sauce)
- 1/4 cup roughly chopped peanuts, for garnish
- [Cooked brown rice](#), for serving (optional)



## INSTRUCTIONS

1. Combine the broth and water in a medium Dutch oven or stock pot. Bring the mixture to a boil, then add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Season with additional salt or hot sauce if desired. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

## NOTES

- Adapted from [Local Bounty: Vegan Seasonal Recipes](#) by Devra Gartenstein.
- \*The cookbook author suggested that 1 cup canned crushed tomatoes is a suitable substitution for the tomato paste, but commenters report that the crushed tomatoes produce a runny soup (unlike the thick soup shown here). I highly recommend using tomato paste if you can find it. I also recommend [Muir Glen](#)'s organic tomato products—they come in BPA-free cans and seem to be readily available.
- Most African peanut soup recipes include sweet potatoes. I suppose you could toss in a chopped sweet potato when you bring the stock to a boil, but I liked the soup as is.

## ► NUTRITION INFORMATION

*The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice.*

# Nutrition Facts

Serves 4

Amount Per Serving

**Calories** 434

% Daily Value\*

**Total Fat** 29.6g **38%**

Saturated Fat 5.6g

Trans Fat 0g

Polyunsaturated Fat 7.6g

Monounsaturated Fat 14.9g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 825.9mg **36%**

**Total Carbohydrate** 32.3g **12%**

Dietary Fiber 11.4g **41%**

Sugars 12.8g

**Protein** 17.6g **35%**

Vitamin A 67% Vitamin C 38%

Calcium 15% Iron 15%

Vitamin D 0% Magnesium 29%

Potassium 12% Zinc 17%

Phosphorus 18% Thiamin (B1) 16%

Riboflavin (B2) 15% Niacin (B3) 50%

Vitamin B6 24% Folic Acid (B9) 31%

Vitamin B12 0% Vitamin E 34%

Vitamin K 1%

## Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/west-african-peanut-soup/>