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and



## AFRICAN-INSPIRED SWEET POTATO AND PEANUT SOUP

**SERVES 8-10**

Our regional Chesapeake cuisine owes much of its heritage to the cooking of Africa. The spice blends of the Caribbean and a touch of spiciness take the humble sweet potato and peanut and transforms them into a complex, hearty soup. To make this dish a complete meal, I often add a couple of extra sweet potatoes for a thicker, more stew-like consistency and serve it over brown rice or whatever grain I may have on hand.

### INGREDIENTS

2 tablespoons olive oil  
1 large onion, diced  
½ teaspoon hot pepper flakes  
4 cloves garlic, minced  
3 tablespoons fresh minced ginger  
2 teaspoons ground cumin  
2 teaspoons ground cinnamon  
1 ½ teaspoons ground coriander  
¼ teaspoon ground cloves  
4 ripe medium tomatoes, cored and diced  
or one 14 ½ ounce can diced tomatoes  
2 pounds sweet potatoes, peeled and  
coarsely chopped  
2 medium carrots, peeled and diced  
5 cups water or veggie stock  
2 tablespoons local honey  
1 teaspoon salt  
½ cup chopped, unsalted, roasted peanuts  
¼ cup creamy peanut butter  
Chopped cilantro, for topping  
Chopped toasted peanuts, for topping

### DIRECTIONS

- 1 | Heat the olive oil in a large pot and sauté onions until lightly browned, about 6 to 8 minutes. Add the hot pepper flakes, garlic, ginger, cumin, cinnamon, coriander and cloves. Sauté for 5 minutes longer.
- 2 | Stir in the tomatoes, sweet potatoes and carrots. Pour in the water or stock, honey and salt. Bring to a boil, reduced the heat, and simmer for about 40 minutes, or until the sweet potatoes are tender.
- 3 | Remove from heat and stir in the chopped peanuts. Take out ½ of the soup and set aside. Puree the remaining soup and then pour back in the reserved soup. Reheat the soup and whisk in the peanut butter and adjust seasonings.
- 4 | Serve in bowls and top with cilantro and chopped peanuts.