

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

West African Peanut Soup

Serves: 4

Modified from: www.CookieandKate.com

Items Needed: cutting board, knife, measuring spoons, measuring cups, medium cooking pot, heat-safe mixing bowl, ladle, whisk

Ingredients:

- 6 cups low-sodium vegetable broth
- 1 medium red onion, chopped
- 2 Tablespoons peeled and minced fresh ginger
- 4 cloves ginger, minced
- ¼ teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- ½ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste
- 4 cups cooked brown rice, if desired

Directions:

1. In a medium cooking pot, bring the broth to a boil. 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.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

Nutrition Information (per ¼ of recipe, without rice):

Calories: 277 Fat: 16 g Carbs: 23 g Protein: 13.5 g Fiber: 7 g Sodium: 409 mg