

# African Peanut Butter Soup

...Gillard family favorite

2 tsp peanut or canola oil  
¼ tsp red pepper flakes  
1 small onion coarsely chopped  
3-cloves garlic, finely chopped  
5-cups chicken stock (this amount is approximate)  
¾-cup fresh ground peanut butter  
2 medium, or 1 large sweet potato, peeled and cut into approx. 1-inch cubes  
Cut-up chicken  
¾ pound spinach, washed, stemmed and cut into narrow strips  
Hot red pepper sauce

Prepare in advance:

Chicken stock and chicken

I like the roasted chickens from Costco ...they make great chicken stock. I can even use the meat from less than half a chicken ...I find the amount of chicken is not critical to the recipe, but a rich tasty stock is. This is a great project for leftovers.

In a stockpot, heat oil over medium heat. Stir in red peppers and onion, cover, lower heat and cook for 10 minutes, stirring occasionally. While onions are cooking, in a separate bowl, stir together the peanut butter and 1-cup of heated stock, until smooth.

Stir the stock, peanut butter mixture, and garlic into the onions. Bring to a boil, lower the heat and simmer, partially covered for 10 minutes.

Stir in the sweet potatoes and bring back to a boil, lower heat, and simmer partially covered for 12 to 15 minutes, or until the potatoes are tender. Add chicken and heat through.

Stir in the spinach and cook, stirring, for 2-minutes, or until wilted. Season with pepper, salt and red pepper sauce.

## **Don't have time... or want to go vegetarian?**

Skip the stock, chicken and sweet potatoes.

Instead, use prepared Butternut Squash Soup, in the 32-oz. box.

Cut down on the amount of red pepper, garlic and peanut butter.

This is a very forgiving recipe and is difficult to muck-up!