

AFRICAN BEAN SOUP by GE

INGREDIENTS:

2 tablespoons olive oil
2 tablespoons soy sauce
1 onion, chopped
2 small yams, peeled and diced (about 2 cups)
2 medium carrots, chopped
2 celery stalks, chopped
1 red bell pepper, diced
1 (28-ounce) can diced tomatoes
1 (15-ounce) can garbanzo beans, drained
3 cups vegetable broth
1/2 cup cilantro or parsley
3 tablespoons creamy peanut butter
2 teaspoons curry powder

METHOD:

Heat olive oil in stock pot over medium-high heat. Saute onion and sweet potato for about 5 minutes.

Add celery, carrots, bell pepper, soy sauce and curry powder and saute for another 5 minutes.

Add tomatoes, beans, cilantro or parsley and vegetable stock.

Blend peanut butter with 1/2 cup warm water and add to soup.

Cover and simmer for 20-25 minutes, until sweet potatoes are tender.