

# West African Peanut Soup

To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

Makes: 8 servings

Prep Time: 10 minutes  
Cook Time: 20 minutes

Source: [foodhero.org](http://foodhero.org) recipes - west African peanut soup

## Ingredients

- 2/3 cup onion, diced
- 1 tablespoon toasted sesame oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 cup cooked skinless chicken breast, diced
- 1 ½ teaspoons curry powder
- ½ teaspoon pepper
- ½ teaspoon crushed red pepper flakes
- 3 cups reduced sodium fat-free chicken broth (see notes)
- 1 can (6 ounces) tomato paste
- 2 cans (14 1/2 ounces) stewed tomatoes, unsalted
- 6 tablespoons reduced-fat peanut butter

## Directions

1. In a large pot, saute onion in sesame oil until translucent; add garlic and chicken and stir to heat through.
2. Add seasonings and saute 1 minute longer.
3. Add broth, tomato paste, tomatoes, and peanut butter. Stir until well combined.
4. Heat over medium heat until hot but not boiling. Serve immediately.
5. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	190
Total Fat:	10 g
Saturated Fat:	2 g
Cholesterol:	15 mg
Sodium:	450 mg
Total Carbohydrates:	17 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	1 g
<b>Protein</b>	<b>13 g</b>
Vitamin D	0 mcg
Calcium	61 mg
Iron	3 mg
Potassium	734 mg

## Utensils Needed

- Large Pot
- Mixing Spoon
- Measuring Cups
- Measuring Spoons
- Liquid Measuring Cup

# SHOPPING LIST

Average total cost without oil and seasonings: \$12.26

Average cost/serving: \$1.53

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Chicken Breasts  
0.6-1.8 lb



Add 2 to Cart  
Canned Stewed Tomatoes  
14.5 oz



Add 1 to Cart  
Natural Peanut Butter  
16 oz



Add 1 to Cart  
Fresh Onion



Add 1 to Cart  
Fresh Garlic



Add 1 to Cart  
Reduced Sodium Chicken Broth  
32 oz



Add 1 to Cart  
Tomato Paste 6 oz

## SAVE TIME, SAVE MONEY

### Leftover Tips

- Looking for something to do with the extra chicken? Try making one pot chicken alfredo, or even apple corn chili. To find more recipes visit, [snapedny.org](http://snapedny.org)
- Extra garlic and onions can be used in any soup, stew, or casserole. Cut onions can be stored in the refrigerator for up to 7 days.
- Garlic bulbs can be stored for up to 8 weeks. A broken garlic bulb will stay fresh anywhere from 3 days to one week.

## My Cooking Notes