

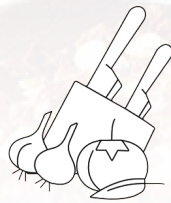
Peanut and Squash Soup

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 6

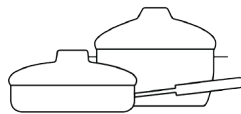
Fun Fact: One of the main crops grown in Senegal, peanuts are a staple in Senegalese cuisine.



Ingredients

4 cups of butternut squash, cubed and peeled
4 cups of chicken broth
3/4 cup of creamy peanut butter
1 1/2 teaspoons of peanut oil
1 cup of onion, chopped
2 tablespoons of tomato paste

1/2 teaspoon of cumin, ground
1/4 teaspoon of coriander, ground
1/2 teaspoon of salt
4 teaspoon cayenne pepper
1/2 teaspoon crushed red pepper
Chopped cilantro (garnish)



Directions

1. Heat peanut oil in saucepan (medium-high).
2. Add squash, onions, garlic, salt, cumin, and coriander.
3. Sauté for about 5 minutes (onions should be tender).
4. Add broth, peanut butter, tomato paste, and pepper.
5. Stir well and bring to a boil.
6. Reduce heat and simmer, uncovered, for 10 minutes.
7. Sprinkle with cilantro before serving.