

**PEANUT SOUP WEST AFRICAN**  
**(From "Sundays at the Moosewood Restaurant")**

Here's a great version of this recipe which is pureed to be creamy rather than leaving the vegetables in chunks as a stew.

2 cups chopped onion  
1 Tblsp vegetable oil  
1/2 tsp cayenne or other ground chiles  
1 tsp grated peeled fresh ginger  
1 cup chopped carrots  
2 cups chopped sweet potatoes  
4 cups vegetable stock or water  
2 cups tomato juice  
1 cup smooth peanut butter  
1 Tblsp sugar  
chopped scallions  
chopped roasted peanuts

Sauté onion in oil until it is translucent. Stir in cayenne and ginger. Add carrots and sauté a couple minutes more. Mix in potatoes and stock, bring to a boil, simmer 15 minutes (until the vegetables are tender). Puree the vegetables with tomato juice (and some of the cooking liquid if necessary) in a blender or food processor. Return the puree to the pot. Stir in the peanut butter until smooth. Check sweetness and add sugar if necessary. Reheat gently, using a heat diffuser if necessary to prevent scorching. Add more water, stock, or tomato juice to make a thinner soup if desired. Serve topped with plenty of chopped scallions and chopped roasted peanuts.

Serves 6-8