

# **Vegetable West African Soup**

From the Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/WestAfricanSoup.aspx>

## **Ingredients**

- 2 cups onions, chopped
- 2 teaspoons olive oil
- 1/3 cup peanut butter
- 6 cups sweet potatoes (not yams), peeled and cut into 1 inch cubes
- 1 tablespoon ground cumin
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 (15 1/2 ounce) cans garbanzo beans, undrained
- 2 (14 1.2 ounce) or 1 (32 ounce) cans low-sodium vegetable broth
- 1 (28 ounce) can diced or crushed tomatoes, undrained

## **Instructions**

1. Heat oil over medium-high heat in a large saucepan and sauté onions until they start to brown.
2. Stir in the rest of the ingredients then raise heat to bring to a boil.
3. Reduce heat to low then cover and let simmer for 45 minutes or until sweet potatoes are softened.

**Makes 8 servings**

## **Nutrition information per serving**

Calories: 386	Dietary Fiber: 11 g
Total Fat: 10 g	Sodium: 391 mg
Saturated Fat: 2 g	Protein: 16 g
Cholesterol: 0 mg	Carbohydrates: 61 g

