

Sweet and Spicy Peanut Soup [adapted from *The Food You Crave* by Ellie Krieger]

<http://pajamachef.wordpress.com/2011/03/22/sweet-and-spicy-peanut-soup/>

Ingredients:

- 1 tablespoon canola oil
- 1 cup sweet or white onion, diced
- 15 ounce jar roasted poblano peppers [could substitute 2 cups fresh red bell peppers or roasted red peppers]
- 1 cup carrots, diced [about 3 medium or 2 large carrots]
- 1/2 teaspoon cayenne pepper*
- 1 clove garlic, minced
- 1 teaspoon ginger
- 1/2 teaspoon freshly ground black pepper
- 1 large sweet potato, peeled and diced [about 2 cups]
- 6 cups chicken or vegetable broth
- 1 - 14.5 ounce can diced tomatoes with their juices [I prefer no-salt-added]
- 2/3 cup creamy natural peanut butter
- 2 teaspoons honey

Directions:

Combine all ingredients in a large crock pot and stir to mix well. Cook on low for 6-8 hours, then puree with an immersion blender [or carefully blend in batches in a food processor or blender]. Serve garnished with sour cream and/or cilantro.

*Note:

This soup *is* spicy... so I would recommend decreasing or eliminating the cayenne pepper altogether so you don't spice yourself out like I did. I can't wait to make a less spicy version of this again.

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