

Mixed Vegetable Peanut Stew

PREP TIME: 20 minutes

TOTAL TIME: 1 hour

Servings: 6-8

Ingredients

2 Tbsp coconut oil
2 cups cubed sweet potato
2 medium carrots, cut into matchsticks
1 medium red onion, chopped
1-2 inch fresh jalapeno pepper, de-seeded and minced
3 Tbsp ginger root, minced
3 cloves garlic, minced
1 tsp salt
32 oz low sodium vegetable stock
2 roasted red peppers blended with 2 cups water
6 oz tomato paste
3/4 cup creamy peanut butter
1/2 bunch of kale or 3 large leaves, chopped
1 Tbsp hot sauce, we used sriracha
1, 15.5 oz package sprouted organic tofu
1/2 cup chopped peanuts
1 bunch fresh cilantro

1. Wash and peel sweet potatoes, carrots, and onion. Cut sweet potatoes into 1/2" x 1/2" cubes then set aside. Cut carrots into 2" long matchsticks and dice the onion then set aside.

2. In a large Dutch oven or soup pot heat the coconut oil over medium heat. Add cubed sweet potato, carrots, onion, and jalapeno to the pot and cook stirring occasionally until the onion is translucent and the sweet potato and carrots soften, about 10-12 minutes.

3. Next, add the ginger, garlic, and salt to the pot and continue to cook for 1-2 minutes or until fragrant. Add the vegetable stock, reduce the heat to a simmer and continue to cook for 15 minutes.

4. Meanwhile, in a high speed blender add roasted red peppers with 2 cups water, tomato paste, and peanut butter and blend on high until smooth. Add blender contents to the soup pot and stir to combine.

5. Add the chopped kale and tofu cubes to the pot and continue to cook for an additional 5-10 minutes on low heat.

6. Serve soup with chopped peanuts and cilantro on top. Any leftover soup will keep well in the fridge in an air tight container for 5 days or freeze for up to 3 months. To reheat soup simply allow soup to thaw and place in a pot on the stove top set to medium heat and cook until warmed through.

