

BEYOND THE SAVANNA

Recipes

HANNAH'S MOM'S AFRICAN PUMPKIN SOUP WITH PEANUTS

Ingredients:

- 1 tablespoon of olive oil
- 1 medium onion, diced
- 2 ribs celery, diced
- 3-4 cloves garlic, thinly sliced
- ½ teaspoon cayenne
- 1 tablespoon grated fresh ginger
- 1 tablespoon Madras curry powder
- 2 tablespoons tomato paste
- 1 29 ounce can pumpkin puree
- 4-6 cups vegetable stock
- 1 cup natural peanut butter
- 3 tablespoons apple cider vinegar
- Salt and or soy sauce — to taste

Preparation Instructions:

In large pot, sauté onions and celery in olive oil until soft. Add garlic, cayenne, ginger, curry powder and tomato paste. Cook until fragrant (about 5 minutes).

Stir in pumpkin, 3 cups stock, and peanut butter. In batches, process soup in your blender until smooth. Add more stock as necessary, then return to pot. Heat thoroughly, then add vinegar and season to taste with salt or soy sauce. Serve with cilantro and peanuts. Enjoy!