

# African Creamy Peanut Soup

Cooking Time: 1 hour

Serves: 6

## Ingredients:

1 ½ tablespoon olive oil  
1 large onion, chopped  
1 ½ red bell pepper, chopped  
2 cloves garlic, minced  
2 16oz cans, crushed tomatoes, with liquid  
5 cups vegetable stock  
¼ teaspoon chili powder  
¼ teaspoon black pepper  
½ cup extra crunchy peanut butter  
1/3 cup uncooked brown rice

## Cooking instructions:

Heat oil in a large stock pot over medium heat. Sautee onions and bell peppers until lightly browned and tender, stirring in the garlic when the peppers and onions are almost done.

When onions, peppers, and garlic are done, stir in tomatoes, vegetable stock, black pepper and chili powder. Reduce heat to low and simmer, uncovered, for approx. 30 minutes.

After 30 minutes, stir in rice, cover and simmer another 15 minutes or until rice is tender.

Once rice is tender, stir in peanut butter until well blended and serve with crusty bread.