

AFRICAN SPICY PEANUT SOUP

3 cups stock
2 slices fresh ginger
1 sweet potato, peeled and chopped
2 carrots, chopped
1 yellow pepper, chopped
1/2 teaspoon cayenne or 2 fresh chili peppers
1 tablespoon oil
2 onions, chopped
3 green onions, chopped
1 tablespoon brown sugar
1/2 cup peanut butter
1 cup tomato juice
2 garlic cloves, chopped
salt and pepper

Heat the oil in a large saucepan over high heat.
Add pepper, ginger, carrots, garlic, onions and cayenne or chilies.

Cook for 2 minutes, then add potato and stock.
Bring to the boil and simmer 10 minutes.

Transfer the vegetables to a food processor and purée until smooth.

Return the purée to the saucepan and stir in peanut butter and tomato juice or mash the vegetables in the saucepan until slightly lumpy.
Add sugar, salt and pepper.
Serve sprinkled with green onions.