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## Sweet Potato, Peanut and Ginger Soup

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½ cup toasted peanut oil  
1 large onion, peeled and cut into eighths  
2 garlic cloves  
2 teaspoons fresh ginger, peeled and chopped  
2 teaspoons cumin powder  
2 teaspoons coriander powder  
½ teaspoon ground cinnamon  
¼ teaspoon ground cloves  
2 Tablespoons organic tomato paste  
8 Cups organic chicken or vegetable stock (low sodium)  
2 sweet potatoes (1 ½ - 2 lbs.), peeled and cut into 2 inch cubes  
1 carrot, peeled and cut into 2 inch sections  
¼ cup dry roasted peanuts, chopped  
½ cup organic dark roasted peanut butter\*  
1 teaspoon salt  
¼ teaspoon cayenne pepper  
Sour cream, dollop, optional  
½ bunch fresh cilantro, chopped

### Instructions

Coat the sweet potatoes, carrot and onion wedges with all but 2 tablespoons of the oil, and sprinkle with the salt. Place on a baking sheet. Bake in a 375° oven for 30 - 40 minutes until soft. Cut off any black. Dark brown is fine.

Meanwhile heat a heavy bottom saucepan or Dutch oven, add the remaining 2 Tablespoons of oil. Add the garlic, ginger and all of the spices, sauté for 3 - 4 minutes, stirring. Add the tomato paste, peanut butter, the roasted vegetables, salt, cayenne pepper, and stock. Mix well.

Remove from the heat, put mixture into the bowl of a blender or food processor, in batches, blend until smooth. Pour mixture back into the saucepan, heat over medium - low heat until heated through.

Ladle into bowls, garnish with a dollop of sour cream (optional), chopped peanuts and cilantro.

*Serves 6 - 8*

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach  
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"Delicious food never healed so good."