SWEET POTATO-AND-PEANUT BISQUE

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 6 servings

Ingredients

2 ½ pounds sweet potatoes, peeled and chopped
1 onion, chopped
3 cloves garlic, chopped
1 2-inch piece fresh ginger, sliced into half-inch pieces
4 cups vegetable stock
1 14.5 ounce can diced tomatoes
1 teaspoon ground cumin
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 teaspoon ground cinnamon
1/3 cup creamy natural peanut butter
1/3 cup fresh cilantro, plus more for garnish
Chopped roasted salted peanuts, for garnish

Method of Preparation

1. Combine sweet potatoes, onion, garlic, ginger, stock, tomatoes, cumin, salt, pepper, and cinnamon in a large pot. Cover and cook until potatoes are tender.
2. When soup has finished cooking, remove ginger pieces. Add peanut butter and cilantro and stir until combined. Season with salt and pepper, as preferred
3. For a smooth texture, use a blender or immersion blender to process until smooth, 2-3 minutes. (Note – if you are using a standup blender, allow soup to cool and add small portions to the mixer at a time). For a chunkier texture, process for a short time, or not at all.
4. Serve topped with cilantro and peanuts.

Chef's note: You can also prepare this soup using a slow cooker. Place all ingredients into a six-quart slow cooker and cook on low for 7-8 hours or on high 3 ½-4 ½ hours.

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