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Quick Bites International: Africa

Vegetarian African Peanut Soup

Ingredients:

1 tsp peanut oil
1 onion, diced
2 garlic cloves, minced
1 inch fresh ginger, minced, or ½ tsp ginger, ground
1 ½ lbs sweet potatoes, peeled and cut into 1" chunks
4 c vegetable broth (we prefer low sodium)
½ (14.5 oz) can diced tomatoes, undrained
½ c peanut butter (preferably chunky, but creamy works too)
1 Tbsp tomato paste
¼ -½ tsp cayenne (depending on your preference)
2 c kale, cut into ribbons
Dash of salt
2 cups brown rice, precooked
½ cup roasted peanuts

Directions:

In a 4 quart soup pot, heat the peanut oil. Add the onion, garlic, ginger, and diced sweet potatoes. Sauté over medium heat until soft, 5-7 min.

Add the broth, tomatoes with juice, peanut butter, tomato paste, and cayenne. Stir to combine and bring the mixture to a simmer.

Simmer the soup, covered, over medium-low heat for 10 min.

Using a potato masher, roughly mash the soup to break up the potatoes. (You are still looking to have some chunks, so a coarse mash is all you need.) Add the greens and simmer uncovered for 5 min. Taste the soup and adjust the salt as desired.

Serve over brown rice, topped with toasted peanuts.



Eggs Shakshuka

Ingredients:

Extra virgin olive oil
1 large yellow onion, chopped
2 green peppers, chopped
2 garlic cloves, peeled, chopped
1 tsp ground coriander
1 tsp sweet paprika
1/2 tsp ground cumin
Pinch red pepper flakes (optional)
Salt and pepper
6 Vine-ripe tomatoes, chopped (about 6 cups chopped tomatoes)
1/2 cup tomato sauce 6 large eggs
1/4 cup chopped fresh parsley leaves
1/4 cup chopped fresh mint leaves



Directions:

Heat 3 tbsp olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes. Add the tomatoes and tomato sauce. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken.

Taste and adjust the seasoning to your liking. Using a wooden spoon, make 6 indentations, or “wells,” in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation. Reduce the heat, cover the skillet, and cook on low until the egg whites are set. Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like.

Serve with warm pita, challah bread, or your choice of crusty bread.