



CLV - Creamy Tomato & Peanut Soup

6 servings
40 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 Yellow Onion (diced)
- 2 Sweet Potato (about 3 cups, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsps Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (more or less to taste)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from a 796ml can, with juices)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Canned Coconut Milk (or coconut cream, 400ml can)
- 8 1/2 fl ozs Bone Broth (or water)
- 1/2 cup All Natural Peanut Butter
- 4 cups Baby Spinach
- 1/4 cup Cilantro (optional, for topping)

Nutrition

Amount per serving	
Calories	440
Fat	32g
Carbs	29g
Fiber	6g
Sugar	12g
Protein	13g
Sodium	568mg

Directions

- 1 Heat the avocado oil in a large saucepan over medium-high heat. Add onions and garlic and cook until softened. Add the paprika, turmeric and chili flakes. Stir and continue cooking for a minute until fragrant.
- 2 Add all the sweet potatoes, canned tomatoes, sun-dried tomatoes, peanuts, and bone broth. Mix and bring to a boil, then lower to a simmer. Continue simmering for about 20 minutes or until the sweet potatoes are soft.
- 3 Add the peanut butter and coconut cream. Stir and continue cooking for a minute or two.
- 4 Turn off the heat, add the spinach and stir until wilted. Taste and adjust seasonings.
- 5 Serve into soup bowls and top with more chopped peanuts and fresh cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Sun-Dried Tomatoes: To soften, immerse in boiling water for a few minutes. If they are in olive oil, then drain before adding to soup.

No Peanuts: Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

No Fire Roasted Tomatoes: Use diced tomatoes instead.

Additional Toppings: Top with additional chopped peanuts and fresh cilantro.